You *Can* Cook, see p 26

Get Strong, Sleek Arms Fast

Want Dessert? see p 24

July/August 2010

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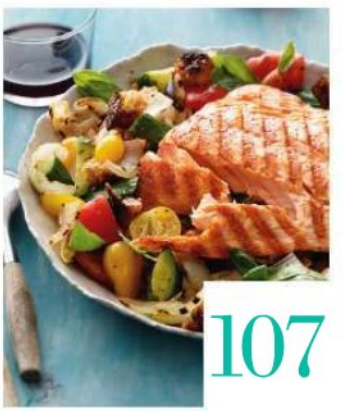
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PHOTOGRAPHY: CORBIS (SWIMMER); ROMULO YANES (SALMON); VEER (WOMAN).

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Losing Heats Up



A LETTER FROM THE PRESIDENT AND CEO OF WEIGHT WATCHERS INTERNATIONAL

Summer and *vacation*—no two words sound better to the human ear. They remind us that the time to disconnect, be with loved ones, and not think (too much) about the more stressful parts of life is upon us.

I want to talk about the fact that, for me, summer and vacation have also meant something else: taking a break from my other, "healthy" life. I'm not alone in this thinking, as research shows that people frequently gain weight during summer months.

What is it that causes us to think of vacations as a challenge, a tricky time when we tend to fall off the wagon in such a spectacular fashion? For me, it's a mind-set that a vacation is a giant weekend—a glorious week of Friday nights where I let my guard down and develop a "bring it on!" mentality to splurge. It can be a perilous time even for those with the most dedicated healthy lifestyle.

This summer, I'm taking a different approach. I'm trying to not gain weight on *or* off vacation. My first plan of attack is, well, to have a plan of attack. I'm thinking through the kinds of trade-offs I'm willing to make on vacation. For instance, I'll be sane with breakfast and lunch, then grant myself some leeway for dinner. I'm also trying to make my vacations more active. Any kind of active vacation can do the trick, but there are a few rules: First, you have to enjoy it. For instance, I was shocked and pleased to learn that one of my favorite sports, skiing, burns massive numbers of calories. Second?

For a vacation to qualify as active, it really should include more than the locomotion to and from the beach chair. As I see it, my active vacations need a good one to two hours of moderate-intensity activity each day. I try to plan vacations where I'm getting at least an hour of exercise each day (more if it's a biking or skiing trip), even if that means heading to the hotel or local gym.

If all of this sounds a little too disciplined and depressing, it really isn't. My logic is that when I make good choices during a normal week, I don't feel like I'm depriving myself, so why should I feel that way when I'm on vacation? Eating healthfully doesn't mean eating sad. I have gotten to a place in my life where I truly enjoy fruits, vegetables, lean meats, etc. Therefore, these same foods can be equally satisfying on holiday.

In the interest of full disclosure, I have a confession to make: When I'm on vacation I allow myself a little latitude, and I really don't count my ***POINTS***® values.

Instead, I try to stick to the broad strokes of my plan, exercise when possible, and recognize that only so much damage can be done in a week. I also recognize that the day I return to everyday life, I am fully back on program.

Oh, and my last vacation tip: Have as much fun as humanly possible.



Remember, it's not about your swimsuit style, it's about how you feel!

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Summer, Seriously



Lighthearted is not a word people would use to describe me. But I do tend to lighten up in the summer—maybe it's the heat?—and I like to make sure our summer issue follows suit. And this July/August issue of *Weight Watchers Magazine* is no exception: We focus on making your life easier with our simplify-your-summer feature **(p. 100)**; amazing recipes that scream summer, especially the tomato-centric meal ideas **(p. 77)**; classic inspirational moments from our success stories **(p. 36)**; surefire tips for getting noncooks to cook **(p. 26)**; and alfresco workout routines **(p. 96 and p. 104)**.





Being healthy is easier in the summer (thank you, warm weather and fresh produce).

Breaking my July/August tradition, however, I want to recount an incident that got me thinking seriously about how (and maybe why) we sometimes trip ourselves up when we try to take control of our health, and, ultimately, our happiness—summer notwithstanding.

Recently, a colleague was telling me that he and his wife were long overdue for some time off; I mentioned a story in this issue about how vacations are critical, helping to reduce your stress level as well as increase your weight loss **(p. 58)**. His response: "We *know* we need a vacation. Our issue is we can't find the time to fit one in." And therein lies the problem: Despite knowing all the benefits of a little R&R, Americans don't place kicking back high on the cultural priority list. Our schedules are overbooked. We're overwrought, and our energy levels, quite frankly, are shot. A vacation is viewed as nice to have, not a must-do. Which made me wonder: **What other healthy (for your body or your mind) pleasures do we repeatedly push aside, rationalizing that there's not enough time in the day, week, or month to squeeze them in?**

"If you want to lose weight before the end of 2010, half the year is already over. Seriously, what are you waiting for?"

You know where I'm going with this, so here's my reality check: Now—not next year or even next month—is the time to take ownership of your life. Determine what you need to help you lose weight, then ask yourself: "What's really holding me back?" Seriously, what are you waiting for?

Nancy Gagliardi
Editorial Director

What helped you reach your goals in this issue? E-mail me at **nancy@weightwatchers.com.**

What vacation have you taken that was low cost but lots of fun?



Ginny Graves, writer
"To Do: Book Vacation" p. 58

"Every summer we visit my mom, who lives on a lake. We swim, play tag, walk along the shore. A little store there still sells candy for a penny and ice cream for 25¢."



Wendy Toth, writer
"Tech Support" p. 92

"I went to Mexico with my girlfriends in the off-season—we saved on flights and stayed in a no-frills (read: no electricity) hotel."



Romulo Yanes, photographer
"Master the Art of Grilling" p. 106

"We 'apartment sat' for a friend on NYC's Fifth Avenue. We visited all the tourist spots, ate out, and didn't pay for lodging—it was fabulous!"



Adrienne Anderson, food stylist
Food Columns pp. 71–88

"I go camping—food always tastes better when you're eating with friends in the great outdoors."

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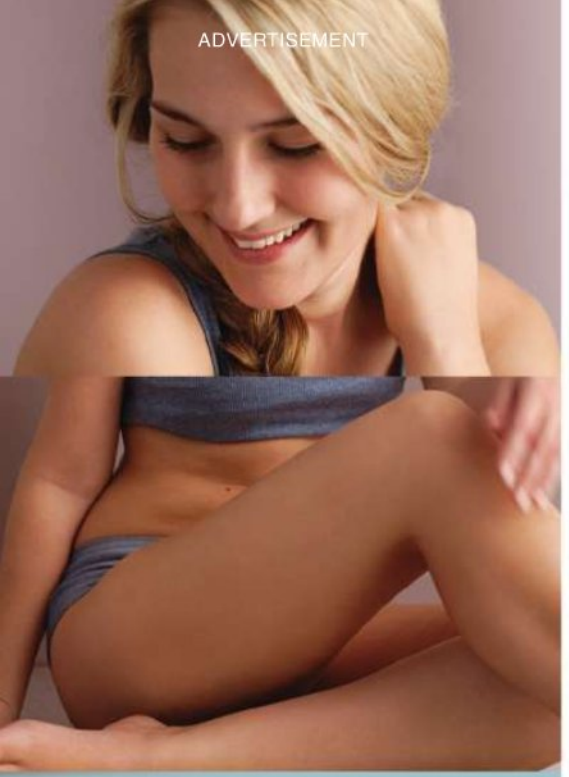
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Talk of the Town!

Tell us what you think! E-mail us at **wwmeditor@weightwatchers.com.**



Thank you for the article on Jennifer Hudson. It's great that she has lost weight and regained her self-confidence. Hopefully we can all be inspired to do the same. *–Michelle S., Canada*

Board Buzz

Community Chitchat

I made the "Perfect Little Paella" recipe (May/June) last night, and it was really good. —PlantDiva





I'm in love with the butterfly swimsuit in the May/June issue of *WWM*. It's not too often I get excited about a swimsuit (more like never). —JenWoo

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Energy Boost

I was so happy to see the "Get to Goal" stories—I recently reached goal, and I enjoy reading about others who have made it as well and continue to live the WW lifestyle. This extra dose of enthusiasm is just what I need to stay committed to this way of life. *–Amy Z., FL*

I'm a Weight Watchers Leader in Germany. I have been able to share the U.S. *WWM* with my members for two years. I love the magazine and use the info in my meetings. Weight-loss problems are the same, no matter where you live. *–Ellen W., Germany*

readers just can't get enough...

Veggie Challenge



I love your magazine, especially the March/April issue! I appreciate the meatless recipes, because I'm a new vegetarian. *–Sybil F., MI*

Thank you for the emphasis on vegetarian dishes. I made the Hoisin Tofu Stir-Fry from this issue several times. *–Loretta Y., OR*

At a recent meeting, I heard about the success fellow members have had with the "Veg Out!" meatless challenge. I went to buy the magazine and discovered the issue was no longer on the newsstand. Where can I find it? *–Sherry M., VA*

Online! To try—or just get a taste of—*WWM*'s "Veg Out!" challenge, log on to **weightwatchers.com/goveg.**





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Joint Health Tips brought to you by Dr. Kevin R. Stone and

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Dr. Kevin R. Stone, orthopedic surgeon, founder of the Stone Research Foundation and inventor of Joint Juice, offers five tips for helping to maintain healthy joints:

Tip 1: Manage your weight.
Manage your weight. Every extra pound puts four times the stress on your knees and other weight-bearing joints.

Tip 2: Be supplement savvy.
Glucosamine is produced naturally in the body. But due to the physical demands of everyday life, our body's supply is often not enough. Joint Juice beverages provide an easy way to drink your daily supply of glucosamine and avoid having to swallow two big horse pills a day.

Tip 3: Stretch.
Take breaks throughout the day, especially at the office, to get re energized. Range-of-motion exercises are a good way to keep muscles and ligaments flexible and strong.

Tip 4: Good technique
When sitting, standing and especially when lifting, using the proper technique will prevent fatigue and injury.

Tip 5: Make a date with your doctor.
Request an examination of your joints —from head to toe—and ask for tips on protecting your joints from daily stress.



For more information on Joint Juice products, visit jointjuice.com

WeightWatchers

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Interested in being a part of *WWM*'s network of readers? E-mail your name and address to **wwmreaderpanel@weightwatchers.com.** You may be called on to test beauty products, try the latest fitness gear, or just weigh in on the topics that matter most as you're trying to lose.

The stories in *Weight Watchers Magazine* represent members' individual experiences. Eating patterns, activity levels, and adherence all play significant roles in determining weight loss and maintaining that loss. For many people, weight loss is temporary. Ask at our centers for details about our maintenance record. Check with your physician before beginning or dramatically changing a fitness routine.

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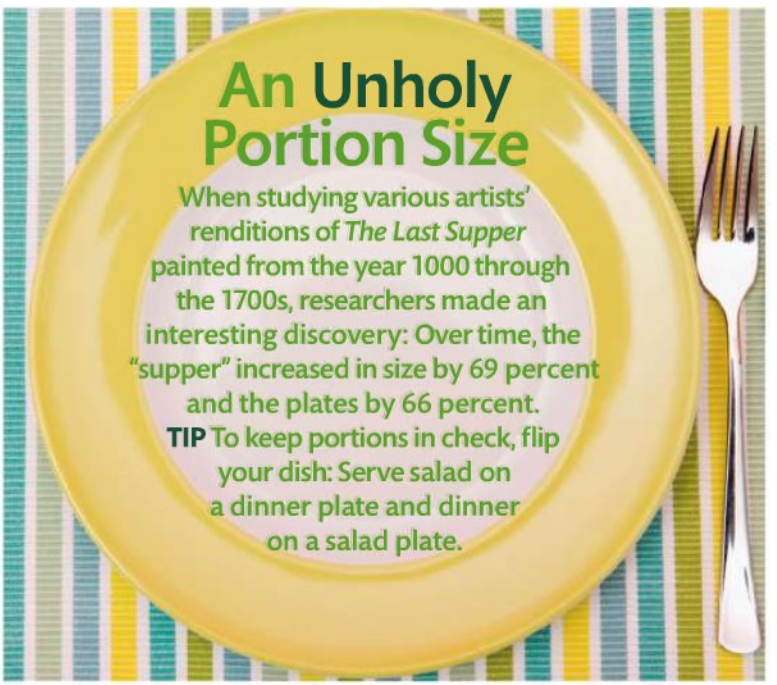
Eating healthy can be so much easier in the summer when tasty produce abounds. So don't let the opportunity get away: Check out our tips for choosing the best of the bunch.

- **Ditch your list** When it comes to buying the most-flavorful produce, leave your shopping list at home and stock up on what looks (and smells!) best at the market that day.
- **Go ahead, touch** To judge for ripeness, hold fruits and veggies in your hand and give them a slight squeeze. The flesh of a ripe peach, plum, or tomato should yield slightly.
- **Don't be fooled** Bigger isn't always better; jumbo produce (e.g., strawberries) rarely tastes as good as it looks.
- **Chill out** Don't buy fresh-cut produce—such as half a watermelon or a container of fruit salad—unless it's refrigerated, or surrounded by ice, which keeps bacteria at bay.

Buy produce at a market that's open 24 hours a day—round-the-clock lighting may boost vitamin levels in spinach and other veggies.

Set the Pace

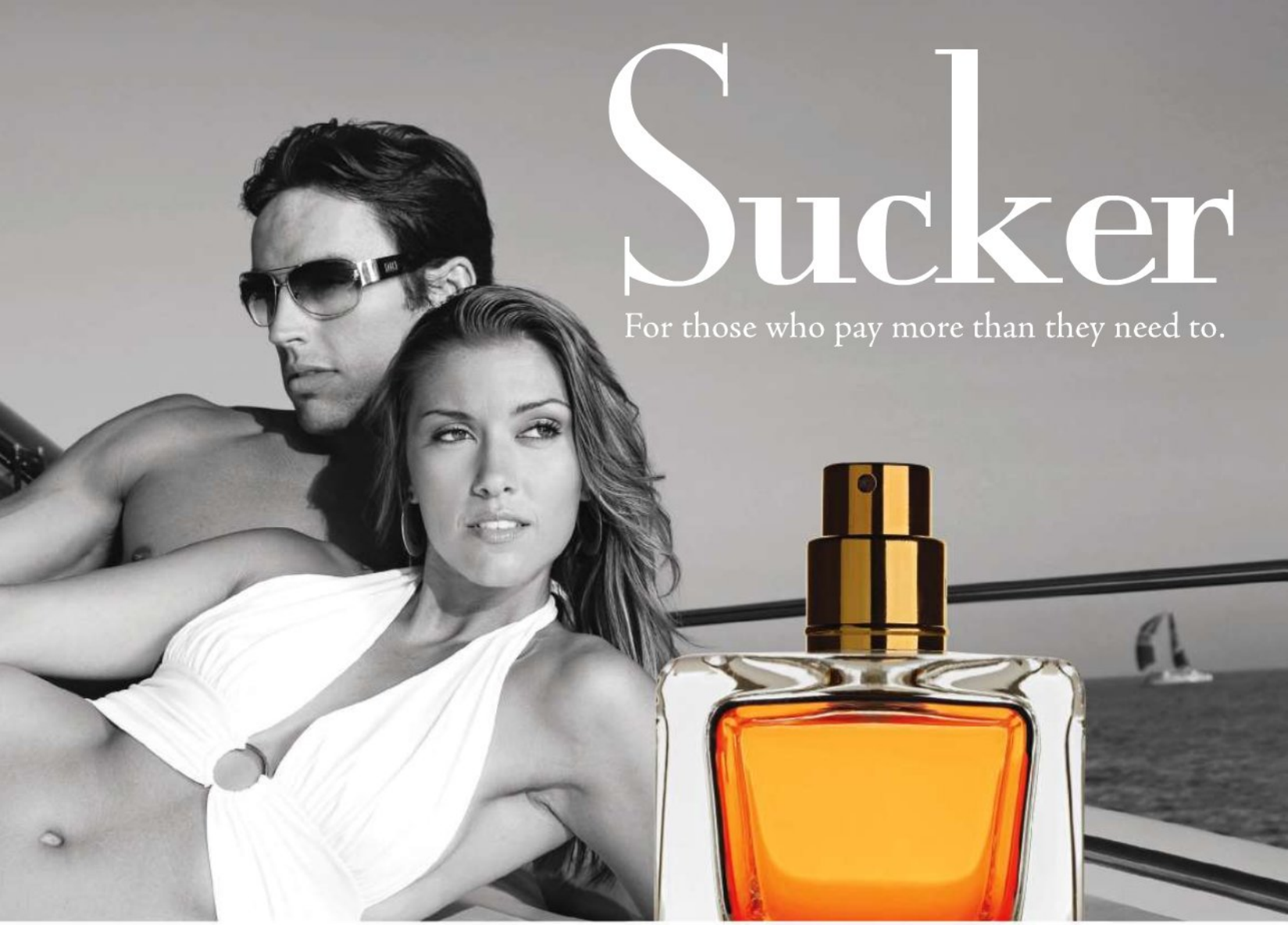
If you already walk daily, congrats! However, the latest science suggests you may want to pick up your pace. A recent study conducted by the Harvard School of Public Health found that **those who walked at a rate of 3 mph or faster lowered their stroke risk by nearly 40 percent.** To reduce *your* risk, aim to walk a mile in 20 minutes or less. Gauge your speed by timing yourself on a one-mile route that you measure in advance using your car's odometer. Or, time yourself on a track where you know the mileage.



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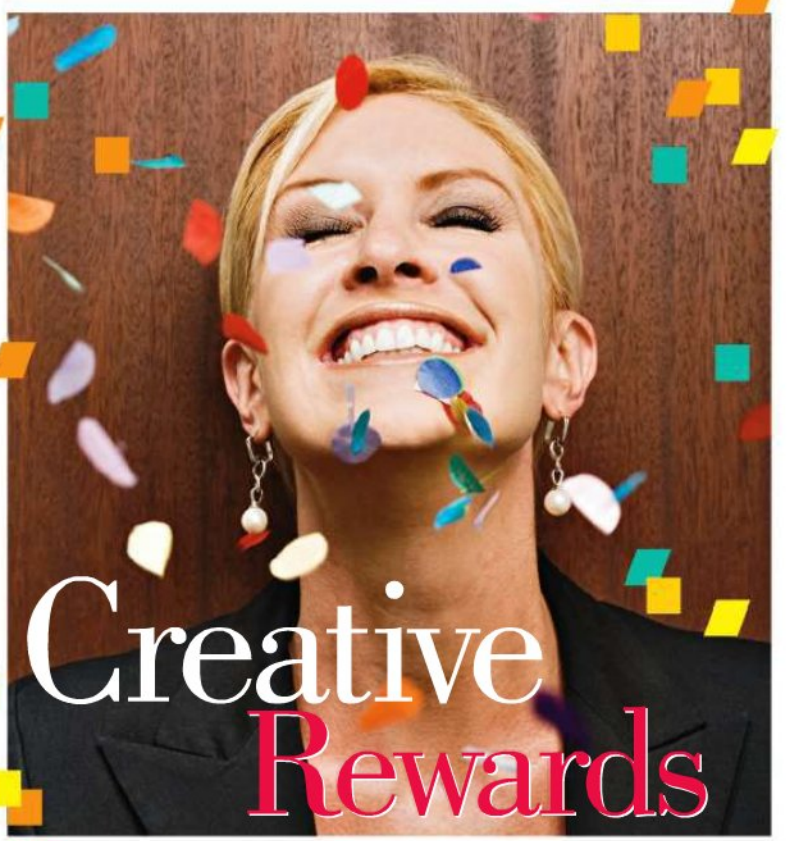
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Creative Rewards

Do you heap praise on everyone (the kids, co-workers, your spouse) but yourself? This summer, start your own "incentive" program and make a conscious effort to celebrate your accomplishments. The bonus? Your weight-loss efforts will get a boost, too. Give it a try:

Be jeweled During your next beach visit, collect a seashell for each pound you've lost; string them together into a one-of-a-kind necklace.

Take the day Recognize all that you do to lose weight, and give yourself a day off from the same old, same old: If you eat bran flakes, try pancakes. If you jog, walk—and take the scenic route.

Make the cut If your body has changed, but your hairstyle hasn't, make an appointment for a cut that suits your new look. Go for something modern that complements your slimmer features.

Save the Date!

July 4 — INDEPENDENCE DAY

Have a hot dog! Many brands of fat-free beef franks have just 1 ***POINTS*** value each! And be sure to load up on condiments, since 1 tsp of most deli mustards and 1 Tbsp of most relishes will cost you 0 ***POINTS*** values!



July 22 — HAMMOCK DAY

It's the perfect excuse to just "hang" out. If there aren't any suitable trees in your yard, opt for a stand-alone hammock that's supported by poles. ($169, MADEINTHESHADEHAMMOCKS.COM).



Aug 16 — ROLLER COASTER DAY

Take your family to an amusement park; wear comfortable shoes, and bring along a pedometer to track your steps!



WHAT'S UP WITH... HOODIA?



Hoodia gordonii, a cactuslike plant found in the Kalahari Desert, is now sold in health food stores and online in a variety of forms.

THE CLAIM It suppresses appetite, leading to weight loss.

THE REAL STORY Because hoodia is considered a dietary supplement, not a drug, the U.S. Food and Drug Administration doesn't regulate or oversee the testing of products containing the plant. Research into hoodia's long-term effectiveness and safety is sparse, but two small studies both lacked conclusive evidence to support the appetite-suppression claim made by marketers.

BOTTOM LINE Hold off on hoodia.

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lose it now

Q A "Should I wear flip-flops if I'm overweight?"



Past research has indicated that wearing flip-flops can cause knee, hip, and back problems, particularly for people who are overweight. However, one new study claims osteoarthritis sufferers may benefit from wearing flip-flops, because the natural flex of the rubber sandal lessens the impact on knee joints. Bottom line: Flip-flops can be unsafe in general (feet are exposed to dirt and germs and the tops of feet are more likely to be sunburned). Plus, overuse can trigger other problems, so limit wear to a few hours a week.

Stand when you can



What's the latest thinking on how to be healthier at work? Stand up! When you sit you don't use as much energy, so you don't burn as many calories—making it easier to gain weight. Here, ideas for developing a new stand-up routine:

LOW-TECH

Get in the habit of standing as often as you can. First, stand while you're talking on the phone in your office. Then, work your way up to meetings. (You may even earn "polite points" for giving up your seat!) If you feel too conspicuous, lean against a wall or filing cabinet; you'll get nearly the same benefits.

HIGH-TECH

Invest in a desk that allows you to spend more time upright: The newest adjustable-height desks, inspired by drafting tables, move up and down to let you work in a seated or a standing position. Too pricey? Ask your HR department to invest in one that could be shared among teams.

Need a creative boost? Get out of your chair and away from the computer: Pace around the office to refocus on the task.

PLACE YOUR ORDER

Not all chain restaurants are created equal. Below, we give a thumbs-up and a thumbs-down to two new offerings.

Qty	Item	Price	Calories	Prot(g)	Fat(g)	Carbs(g)
1	HALIBUT SANDWICH BASKET	$ 7.89	-	-	-	-
	Holibut Sandwich		488	17	27	43
	No Tartar Sauce		-130	0	-14	-1
1	Side Salad		50	4	3	4
	Bleu Cheese Dressing		150	1	16	1
	NUTRITION TOTALS		558	22	32	47
	%DAILY VALUE - 2000 CALORIES		28%	44%	49%	16%
	%DAILY VALUE - 2500 CALORIES		22%	35%	39%	13%

Fast-Food Fix

The nutritional info posted on most chain menus doesn't account for customer requests, such as "add cheese" or "no tartar sauce." Yet 80 percent of diners at Burgerville, a Vancouver, Washington–based chain, place special orders. That's why the restaurant **now prints the nutrition info for each individual item you order on your receipt (see image, *left*).** We hope more chains get on board.

Fast-Food Flop

Breadless isn't always better: KFC's Double Down "sandwich" **replaces bread with two fried chicken patties.** The filling consists of two slices each of bacon and cheese plus gobs of sauce. The sandwich weighs in at a hefty ***13 POINTS*** values (540 calories, 32 g fat, and 1,380g of sodium). Ouch!

PHOTOGRAPHY: GETTY IMAGES (WOMAN); ISTOCKPHOTO (FLIP-FLOPS).

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goal

Popcorn, the Sequel

Remember the great popcorn controversy of the '90s? In response to a report that theater corn packed as much sat fat as a Big Mac, concessions traded coconut oil for healthier varieties. Fast-forward to today: Many theaters have returned to the high-sat fat formula. The manager should be able to tell you what oil your theater uses.



Think small. Most theaters will sell kiddie-size popcorn to adults—saving you hundreds of calories compared with larger sizes (and some cash, too).

Bring your own corn; just be discreet, as rules vary from chain to chain. Air-pop corn at home and add a dash of Cajun seasoning for kick.

Eat before the show. It sounds simple, but avoid the popcorn trap by having dinner prior to the flick and savoring a cup of decaf during the movie instead.

PHOTOGRAPHY: JUPITERIMAGES.


With menopause,
there's a time to
embrace change.
And a time
to defy it.

Another Pearl of Wisdom from PREMARIN Vaginal Cream. While you use it, it actually restores vaginal tissue to help relieve vaginal dryness and painful intercourse.

If you've gone through menopause and are experiencing vaginal dryness and discomfort, you might want a treatment that works beyond the surface. Menopause can cause changes in the vaginal tissues, causing uncomfortable symptoms. PREMARIN Vaginal Cream can treat the underlying cause of these symptoms by restoring the tissues that support elasticity and provide natural lubrication. And you don't need to keep using it forever— just as long as you need treatment.

Important Safety Information

What is the most important information I should know about PREMARIN Vaginal Cream (an estrogen mixture)?

- Using estrogen-alone may increase your chance of getting cancer of the uterus (womb)
 Report any unusual vaginal bleeding right away while you are using PREMARIN Vaginal Cream. Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your healthcare provider should check any unusual vaginal bleeding to find the cause.
- Do not use estrogen-alone to prevent heart disease, heart attacks, strokes or dementia (decline in brain function)
- Using estrogen-alone may increase your chances of getting strokes or blood clots
- Using estrogen-alone may increase your chance of getting dementia, based on a study of women 65 years or older
- Do not use estrogens with progestins to prevent heart disease, heart attacks, or dementia
- Using estrogens with progestins may increase your chances of getting heart attacks, strokes, breast cancer, or blood clots
- Using estrogens with progestins may increase your chance of getting dementia, based on a study of women age 65 years or older
- You and your healthcare provider should talk regularly about whether you still need treatment with PREMARIN Vaginal Cream

PREMARIN® Vaginal Cream is used after menopause to treat menopausal changes in and around the vagina and painful intercourse caused by these changes.

It should not be used if you have unusual vaginal bleeding, have or had cancer of the breast or uterus, had a stroke or heart attack, have or had blood clots or liver problems, are allergic to any of its ingredients, or think you may be pregnant. Most common side effects include headache, infection, abdominal pain, back pain, accidental injury, and vaginitis.

Please see Patient Information on following page. ***You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.***

PAY NO MORE THAN $15 FOR YOUR PRESCRIPTION* BY VISITING PREMARINVAGINALCREAM.COM

Ask your healthcare provider



HELP RELIEVE AND RESTORE WHAT'S YOURS.

*Applies only to insured patients; cash-paying patients subject to a different discount rate. Certain other restrictions may apply. For more information on these restrictions, visit PREMARINVAGINALCREAM.COM. 265628-01 ©2010 Pfizer Inc. All rights reserved. April 2010

Pfizer

PATIENT INFORMATION

PREMARIN® (conjugated estrogens) Vaginal Cream

Read this PATIENT INFORMATION before you start using PREMARIN Vaginal Cream and read what you get each time you refill your PREMARIN Vaginal Cream prescription. There may be new information. This information does not take the place of talking to your healthcare provider about your menopausal symptoms and their treatment.

What is the most important information I should know about PREMARIN Vaginal Cream (an estrogen mixture)?

- Using estrogen-alone may increase your chance of getting cancer of the uterus (womb). Report any unusual vaginal bleeding right away while you are using PREMARIN Vaginal Cream. Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your healthcare provider should check any unusual vaginal bleeding to find the cause.
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- Using estrogens with progestins may increase your chances of getting heart attacks, strokes, breast cancer, or blood clots
- Using estrogens with progestins may increase your chance of getting dementia, based on a study of women age 65 years or older
- You and your healthcare provider should talk regularly about whether you still need treatment with PREMARIN Vaginal Cream

What is PREMARIN Vaginal Cream?

PREMARIN Vaginal Cream is a medicine that contains a mixture of estrogen hormones.

What is PREMARIN Vaginal Cream used for?

PREMARIN Vaginal Cream is used after menopause to:

- **Treat menopausal changes in and around the vagina.** You and your healthcare provider should talk regularly about whether you still need treatment with PREMARIN Vaginal Cream to control these problems.
- **Treat painful intercourse caused by menopausal changes of the vagina.**

Who should not use PREMARIN Vaginal Cream?

Do not start using PREMARIN Vaginal Cream if you:

- **Have unusual vaginal bleeding**
- **Currently have or have had certain cancers**
 Estrogens may increase the chance of getting certain types of cancers, including cancer of the breast or uterus. If you have or have had cancer, talk with your healthcare provider about whether you should use PREMARIN Vaginal Cream.
- **Had a stroke or heart attack**
- **Currently have or have had blood clots**
- **Currently have or have had liver problems**
- **Are allergic to PREMARIN Vaginal Cream or any of its ingredients**
 See the list of ingredients in PREMARIN Vaginal Cream at the end of this leaflet.
- **Think you may be pregnant**

Tell your healthcare provider:

- **If you have any unusual vaginal bleeding.** Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your healthcare provider should check any unusual vaginal bleeding to find the cause.
- **About all of your medical problems**. Your healthcare provider may need to check you more carefully if you have certain conditions, such as asthma (wheezing), epilepsy (seizures), diabetes, migraine, endometriosis, lupus, or problems with your heart, liver, thyroid, kidneys, or have high calcium levels in your blood.
- **About all the medicines you take.** This includes prescription and nonprescription medicines, vitamins, and herbal supplements. Some medicines may affect how PREMARIN Vaginal Cream works. PREMARIN Vaginal Cream may also affect how your other medicines work.
- **If you are going to have surgery or will be on bedrest**. You may need to stop using PREMARIN Vaginal Cream.
- **If you are breast feeding**. The hormones in PREMARIN Vaginal Cream can pass into your milk.

How should I use PREMARIN Vaginal Cream?

PREMARIN Vaginal Cream is a cream that you place in your vagina with the applicator provided with the cream.

- Take the dose recommended by your healthcare provider and talk to him or her about how well that dose is working for you
- Estrogens should be used at the lowest dose possible for your treatment only as long as needed. You and your healthcare provider should talk regularly (for example, every 3 to 6 months) about the dose you are taking and whether you still need treatment with PREMARIN Vaginal Cream

1. Remove cap from tube.
2. Screw nozzle end of applicator onto tube.
3. *Gently* squeeze tube from the *bottom* to force sufficient cream into the barrel to provide the prescribed dose. Use the marked stopping points on the applicator to measure the correct dose, as prescribed by your healthcare provider.
4. Unscrew applicator from tube.
5. Lie on back with knees drawn up. To deliver medication, gently insert applicator deeply into vagina and press plunger downward to its original position.

TO CLEANSE: Pull plunger to remove it from barrel. Wash with mild soap and warm water. DO NOT BOIL OR USE HOT WATER.

What are the possible side effects of PREMARIN Vaginal Cream?

PREMARIN Vaginal Cream is only used in and around the vagina; however, the risks associated with oral estrogens should be taken into account.

Side effects are grouped by how serious they are and how often they happen when you are treated.

Serious, but less common side effects include:

- Breast cancer
- Cancer of the uterus
- Stroke
- Heart attack
- Blood clots
- Dementia
- Gallbladder disease
- Ovarian cancer
- High blood pressure
- Liver problems
- High blood sugar
- Enlargement of benign tumors of the uterus ("fibroids")

Some of the warning signs of these serious side effects include:

- Breast lumps
- Unusual vaginal bleeding
- Dizziness and faintness
- Changes in speech
- Severe headaches
- Chest pain
- Shortness of breath
- Pains in your legs
- Changes in vision
- Vomiting
- Yellowing of the skin, eyes, or nail beds

Call your healthcare provider right away if you get any of these warning signs, or any other unusual symptoms that concern you.

Less serious, but common, side effects include:

- Headache
- Breast pain
- Irregular vaginal bleeding or spotting
- Stomach/abdominal cramps, bloating
- Nausea and vomiting
- Hair loss
- Fluid retention
- Vaginal yeast infection
- Reactions from inserting PREMARIN Vaginal Cream, such as vaginal burning, irritation, and itching

These are not all the possible side effects of PREMARIN Vaginal Cream. For more information, ask your healthcare provider or pharmacist for advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

What can I do to lower my chances of getting a serious side effect with PREMARIN Vaginal Cream?

- Talk with your healthcare provider regularly about whether you should continue using PREMARIN Vaginal Cream
- If you have a uterus, talk with your healthcare provider about whether the addition of a progestin is right for you. The addition of a progestin is generally recommended for a woman with a uterus to reduce the chance of getting cancer of the uterus. See your healthcare provider right away if you get vaginal bleeding while using PREMARIN Vaginal Cream
- Have a pelvic exam, breast exam and mammogram (breast X-ray) every year unless your healthcare provider tells you something else. If members of your family have had breast cancer or if you have ever had breast lumps or an abnormal mammogram, you may need to have breast exams more often
- If you have high blood pressure, high cholesterol (fat in the blood), diabetes, are overweight, or if you use tobacco, you may have higher chances for getting heart disease. Ask your healthcare provider for ways to lower your chances for getting heart disease.

General information about the safe and effective use of PREMARIN Vaginal Cream

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use PREMARIN Vaginal Cream for conditions for which it was not prescribed. Do not give PREMARIN Vaginal Cream to other people, even if they have the same symptoms you have. It may harm them. **Keep PREMARIN Vaginal Cream out of the reach of children.**

Latex or rubber condoms, diaphragms and cervical caps may be weakened and fail when they come into contact with PREMARIN Vaginal Cream.

This leaflet provides a summary of the most important information about PREMARIN Vaginal Cream. If you would like more information, talk with your healthcare provider or pharmacist. You can ask for information about PREMARIN Vaginal Cream that is written for health professionals. You can get more information by calling the toll free number 1-800-934-5556.

What are the ingredients in PREMARIN Vaginal Cream

PREMARIN Vaginal Cream contains a mixture of conjugated estrogens, which are a mixture of sodium estrone sulfate and sodium equilin sulfate and other components, including sodium sulfate conjugates: 17 α-dihydroequilin, 17 α-estradiol, and 17 β-dihydroequilin. PREMARIN Vaginal Cream also contains cetyl esters wax, cetyl alcohol, white wax, glyceryl monostearate, propylene glycol monostearate, methyl stearate, benzyl alcohol, sodium lauryl sulfate, glycerin, and mineral oil.

PREMARIN (conjugated estrogens) Vaginal Cream—Each gram contains 0.625 mg conjugated estrogens, USP.

Combination package: Each contains a net wt. 1.5 oz (42.5 g) tube with one plastic applicator calibrated in 0.5 g increments to a maximum of 2 g (NDC 0046-0872-93).

Store at 20° to 25°C (68° to 77°F); excursions permitted to 15° to 30°C (59° to 86°F) [see USP Controlled Room Temperature].

This product's label may have been updated. For current package insert and further product information, please visit www.pfizer.com or call our medical communications department toll-free at 1-800-934-5556.

Uninsured? Need help paying for Pfizer medicines?
Pfizer has programs that can help. Call **1-866-706-2400**
or visit **www.PfizerHelpfulAnswers.com.**

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Get Motivated with Jennifer!

A new mom with a red-hot career, Jennifer Hudson is making her health a priority with the help of Weight Watchers! Read Jennifer's blog for tips and ideas, and participate in her challenge to start making healthful changes in your life. Weight Watchers Online and eTools subscribers also get exclusive access to Jennifer's seven-day meal plan. Visit **WeightWatchers.com/JenniferHudson** for all this and more!

FIND US ON . . .

"I Want my Sundae!"



THIS READER'S GOAL To splurge on dessert at a restaurant



Bonnie Fishel
Home Cincinnati
Age 50

HOW SHE MAKES IT HAPPEN With a birthday dinner scheduled for her daughter at a favorite chain restaurant, Bonnie plans her day around being able to indulge in the house dessert—a hot fudge sundae. For starters, Bonnie works out first thing in the morning, which earns her ***3*** activity ***POINTS*** values and inspires her to make healthy choices for the rest of the day. Then she "pretracks" everything she will eat for breakfast, lunch, snacks, and dinner in her food diary. Mapping out the day's meals and snacks helps her stay close to her daily ***POINTS*** Target ***(22)***. Finally, Bonnie reserves ***5 POINTS*** from her weekly allowance to offset the rest of the sundae damage.

GREAT IDEA! We love Bonnie's strategy of building in an early-morning workout on splurge days. One problem? Her breakfast isn't substantial enough to stave off hunger. If you plan to work out in the morning, divide your breakfast into two parts: Have a slice of whole-grain toast with 1 tsp peanut butter before your workout and half a serving of oatmeal with berries after it.

ROOM FOR IMPROVEMENT? While Bonnie does a great job of planning for her splurge, we spotted one area that could use a bit of improvement: Bonnie tends to eat processed snacks—from baked potato chips to a mini peppermint patty—throughout the day. These snacks may be fine on a typical day, but on one that she intends to splurge, they cost her valuable ***POINTS*** without supplying enough satiety.

TWEAK YOUR SNACKS On a day that a special treat is planned, stick with a more nutritious 0-***POINTS*** value snack, such as baby carrots, paired with a satisfying protein like low-fat cottage cheese.

EXPERT: GROUP LEADER CHRIS HUBBARD

BONNIE'S FOOD DIARY

breakfast
1 medium orange *(1)*

snack
1 Tbsp low-fat peanut butter mixed with 7 whole-grain cereal flakes *(1½)*

lunch
Salad with 1 slice 98% fat-free turkey breast; 1 slice fat-free cheese; and 2 Tbsp reduced-calorie dressing *(2)*
11 baked potato chips *(2)*

snack
3 c light microwave popcorn *(1)*
1 c light yogurt *(2)*

dinner
Chicken and mixed veggie stir-fry with teriyaki sauce and 1 c brown rice *(8½)*

1 large hot fudge sundae with whipped cream *(11)*

BONNIE'S VERDICT: It was worth the splurge!

snack
mini peppermint patty *(1)*

TOTAL *POINTS* VALUE: *30*
POINTS* OVER TARGET: *8

POINTS VALUES ARE ESTIMATES.

PHOTOGRAPHY: ERIC FUTRAN/GETTY IMAGES.

BY CATHY GARRARD



Bounce back from vacation excess.
Take the All-Bran 7-Day Promise℠ and feel lighter and more energetic.

As little as 1/3 cup a day can help you get your body back on track.
Learn more at allbran.com.



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Yes, you can cook!



Want to lose weight? Then cooking is a must! Conquer your culinary fears with these ideas.

Whip up a new attitude Trade in your "I can't even boil water" refrain for a new one: "I'll give it a try." Also, **remember that for every excuse you make *not* to cook, there's an even better reason why you should.** Pressed for time? Cooking a complete dinner can be faster than going to a restaurant and waiting for the food to arrive. Too tedious for you? Cooking is a great creative outlet. Once you've mastered a few easy recipes, you can tweak them to reflect your preferences.

Ask the experts Start by shopping at your local butcher or fishmonger. Visit often, and don't be afraid to **inquire "What's fresh today?"** Also ask for ideas on how to prepare what you buy, from cooking methods to oven temperature. The "catch of the day" usually requires only steaming or grilling to yield great flavor—so you can skip calorie-laden sauces. The food may cost more than what you'd pay at the supermarket, but the personal advice you'll get is priceless.

Learn basic skills Before tackling more complex recipes, **focus on mastering essential cooking techniques such as braising, steaming, and blanching.** Find (and use) a good how-to cookbook that explains basic techniques, or take some classes at a local culinary school. Since courses can be expensive, consider adding one to your next birthday or holiday wish list. With improved skills comes the confidence you'll need to try more challenging recipes.

Narrow your search Looking for dinner recipes online? Internet searches can be daunting, so make your search terms as specific as possible. For example, type *baked chicken* rather than just *chicken* in the search field. Over the course of a few weeks, road test recipes from various Web sites. **Bookmark your favorites and return to them often for recipes as well as for inspiration.** Once you have a repertoire of go-to recipes, making dinner will become a no-brainer.

Do some advance work If you crave more order in the kitchen, **employ a technique used by professional chefs called *mise en place*,** which means "everything in its place." This form of planning helps prevent kitchen mishaps. It also forces you to read your recipe before you start preparing it so you know which utensils and ingredients you'll need and can gather them. Measuring, peeling, and dicing ingredients in advance can be a surefire recipe for success.

A FINAL THOUGHT Even top chefs have their share of bloopers. The one ingredient your recipes should never be without? Your sense of humor.

EXPERTS TOM COLICCHIO, RESTAURATEUR AND HEAD JUDGE ON BRAVO'S *TOP CHEF*; ZUZY MARTIN-LYNCH, CREATOR OF THE DVD SERIES *COOKING FOR THE CLUELESS*; JUDY PENTA, NEW YORK CITY–BASED NUTRITIONIST; TOSCA RENO, AUTHOR OF *THE EAT CLEAN COOK BOOK* (ROBERT KENNEDY, 2009).

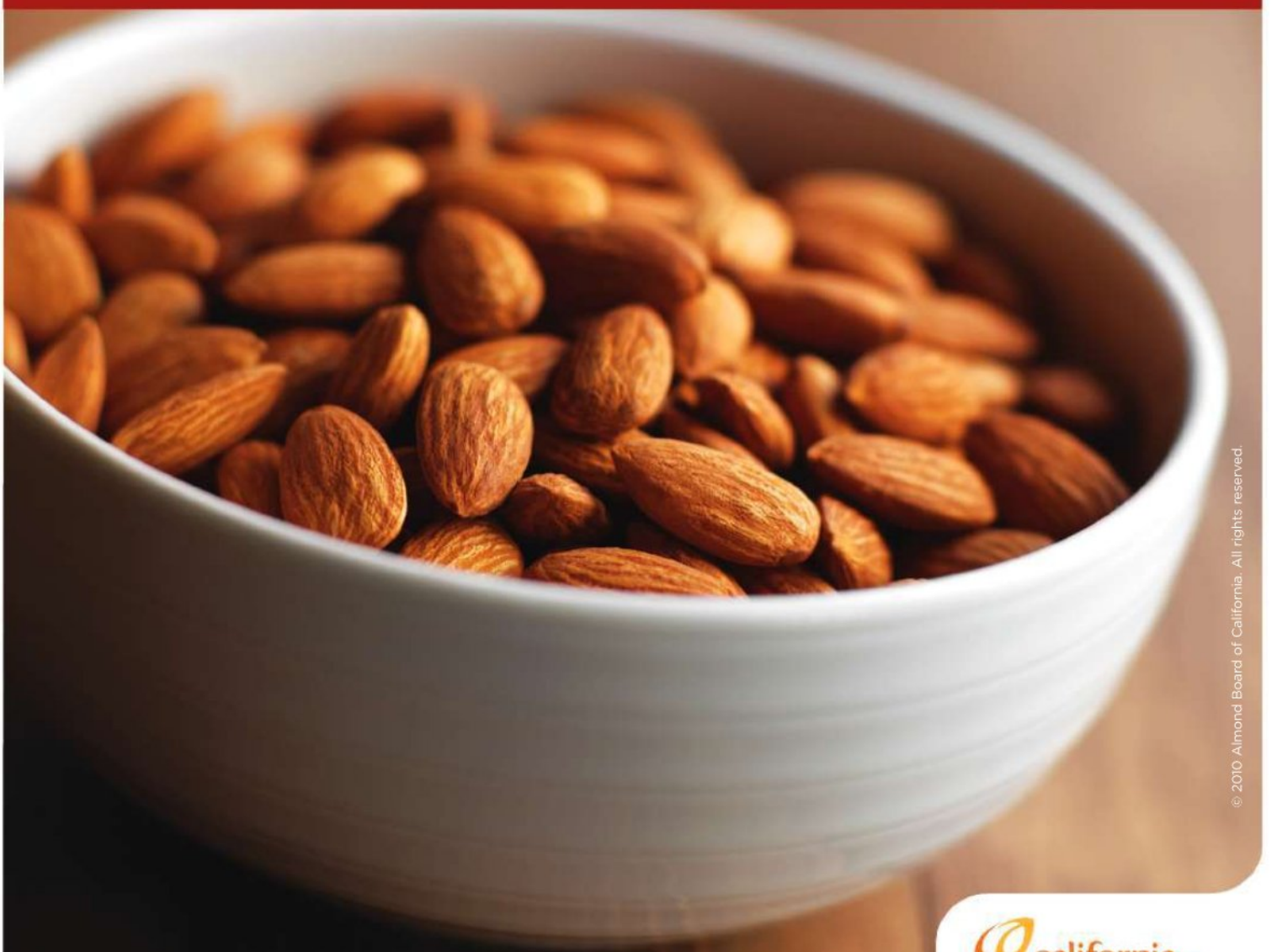
PHOTOGRAPHY: DAVE & LES JACOBS/CORBIS.

BY SHELLEY LEVITT



A handful of **your heart's desire.** Want a snack that loves you back?

Reach for heart-smart, nutrient-rich California Almonds. Just a handful a day can nourish your heart by helping you maintain healthy cholesterol levels. Learn more about the power of a handful at **AlmondBoard.com**



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Good news about almonds and heart health Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. One serving of almonds (28g) has 13g of unsaturated fat and only 1g of saturated fat.

california almonds®

AlmondBoard.com

Pop Secrets



What do we love about frozen pops? Besides offering instant portion control and great variety, they're just plain fun. Plus, licking your dessert can be more satisfying than using a spoon. So take your sweet time!

Turn off the "light" Beware of pops labeled *light*. While they have one third fewer calories than traditional bars, they can pack up to 6 g of fat. Instead, opt for bars labeled *low-fat*, which contain no more than 3 g of fat.

Melty matters **Prefer a creamy texture? Store ice-cream bars in the freezer door; it is slightly warmer than the main compartment. Or, thaw a bar for 5 minutes before eating.**

Get juicy Whether choosing a juice pop at the market or from an ice-cream truck, look for one with a label that reads *100 percent real fruit juice*. Bars made with frozen concentrate have significantly more sugar—and ***POINTS*** values—per serving.

Stick with it

These fruit and dairy pops only *taste* decadent.

Fruit blast Your frozen fruit bar has grown up! For a sophisticated flavor burst, try Ciao Bella's Blood Orange Sorbet Bars. **(1)**

Smoothie sensation Hate blender mess? Then you'll love the Weight Watchers Strawberry Smoothie Bar. **(1)**

Mocha mood If java is your passion, try low-fat Healthy Choice Mocha Swirl Bars, which combine chocolate and coffee flavors. **(2)**

DIY dipper Don't toss ripe bananas! Instead, peel a small one, dip in 1 oz melted dark chocolate, insert stick, and freeze. **(4)**

PHOTOGRAPHY: IAIN BAGWELL.

BY MICHELE SHAPIRO



50
CALORIES

5
GRAMS FIBER

+ 0
GRAMS FAT

zero guilt

Guilt no. Delicious yes.



© 2009 Yoplait USA, Inc.



Think before you drink

Are liquid calories getting in the way of your weight loss?

Sugar-sweetened beverages are the number one source of calories in the United States. For many people, soda—whether cola, root beer, or ginger ale—is the go-to drink to quench thirst or boost energy. In fact, most of us down 1½ cans a day—or a whopping 600 a year! However, if you want to lose weight, it is essential to take a closer look at how much soda you drink.

Consider this: A 12-ounce can contains the equivalent of 10 teaspoons of sugar. Over the course of a year, all that sugar adds up—**indulging in just one can of regular soda a day can cause you to gain as many as 10 pounds a year.**

If you've already made the switch to diet cola, you're not alone; in a recent national survey, 59 percent of soda sippers said they opt for artificially sweetened soda instead of regular. Whatever your drink of choice, remember: Go easy. When it comes to weight loss, moderation is key. Now, turn the page for more tips on how to better manage *your* beverage intake.

PHOTOGRAPHY: GETTY IMAGES.

BY BEVERLY E. BURMEIER

Yes, it's whole grain.





Take the Barilla Whole Grain Taste Challenge today and experience the same great taste that was put to the test in 8 million homes last year.

If you don't love it, you'll get a free box of your favorite Barilla pasta.*

~ TryBarillaWholeGrain.com ~

*Offer good for one (1) complimentary 1 lb. box of regular Barilla Pasta. Proof of Purchase Required. Limit one (1) offer per person, household or mailing address and subject to satisfying eligibility requirements. Right is reserved to confirm identity. Offer starts 5/10/10 and ends 10/31/10. Requests must be postmarked by 11/15/10. Visit www.TryBarillaWholeGrain.com for official rules and further details. Void where prohibited or restricted. ©2010 Barilla America Inc.

Get Soda savvy

1 LOG IT!

Keep a log of all the beverages you drink in a 24-hour period. Also, take note of the times of day (e.g., early morning or late afternoon) that you tend to crack open a can. Your goal? To do away with mindless guzzling, whether it's in the car, at your desk, or in front of the TV.

2 BE AWARE

Pay attention to how your body responds after you drink soda: Does it satisfy your hunger, or cause you to eat more (particularly sweets)? Does soda give you the jitters, or calm you down? Record these effects for a month to help you determine whether it's necessary to adjust your intake.

3 SCALE BACK ON SUGAR

If you drink only regular soda, make an effort to switch to diet. Old habits die hard, so give yourself some time. Start by swapping one can of regular for one can of diet per day. If you have trouble adjusting to the "diet" taste, squeeze fresh lemon or lime juice into the soda to enhance its flavor, or try different diet varieties (root beer, ginger ale, etc.) until you find one you like.

4 WEIGH THE ALTERNATIVES

Once you've switched to diet soda, the next step is to dial down the amount you drink to a few servings a day. If you're finding it hard to cut back, fill in the blank below: *What I really love about soda is the* _____. If your answer is *carbonation*, mix eight ounces of seltzer with a splash of your favorite fruit juice; if it's the *caffeine* buzz, opt for an occasional glass of iced green tea, which is mildly caffeinated and has been shown to boost immunity; and if it's the *taste*, whet your whistle with various soda-flavored lip balms—they're tasty and calorie-free!



PHOTOGRAPHY: JONATHAN KANTOR/GETTY IMAGES.

Join the ***MyBONIVA® Program*** *for Sally's Tips, plus one month of BONIVA free!*

MyBONIVA is a free program that gives you tips from Sally, ideas, and support to help manage your osteoporosis. You'll get:

- One month of BONIVA free*
- Sally Field's tips on managing your osteoporosis and building stronger bones.
- Helpful monthly reminders to take your BONIVA, delivered by phone, e-mail, or mail.
- Quarterly newsletters filled with bone-strengthening exercises and simple, delicious recipes.



*You must be 18 years of age or older to join MyBONIVA. The free trial offer is limited to one per patient. MyBONIVA is a registered trademark of Roche Therapeutics Inc.



If you have osteoporosis, like me, calcium-rich foods, vitamin D, and exercise can help. But they may not be enough to keep your bones strong. So ask your doctor if once-monthly BONIVA can help you do more. Studies show, after a year on BONIVA, 9 out of 10 women stopped and reversed their bone loss.† And my test results proved I did, too.



"Eat plenty of calcium-rich foods like yogurt, spinach, and cheese."

BONIVA is a prescription medication to treat and prevent postmenopausal osteoporosis.
Ask your doctor if BONIVA is right for you.

Important Safety Information: You should not take BONIVA if you have certain problems with your esophagus (the tube that connects your mouth and stomach), low blood calcium, cannot sit or stand for at least 60 minutes, have severe kidney disease, or are allergic to BONIVA. Stop taking BONIVA and tell your doctor right away if you experience difficult or painful swallowing, chest pain, or severe or continuing heartburn, as these may be signs of serious upper digestive problems. Follow the dosing instructions for once-monthly BONIVA carefully to lower the chance of these events occurring. Side effects may include diarrhea, pain in the arms or legs, or upset stomach. Tell your doctor and dentist about all the medicines you take. Tell them if you develop jaw problems (especially following a dental procedure) or severe bone, joint, and/or muscle pain. Your doctor may also recommend a calcium and vitamin D supplement.

You are encouraged to report negative side effects of prescription drugs to the FDA.
Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

*Bone density measured at the lumbar spine after 1 year of treatment. Individual results may vary.
†Bone density measured at the lumbar spine, total hip, or trochanter; 3 out of 4 at the femoral neck.

Please read Patient Information on the next page.

Enroll today. Call 1-888-259-9960 or visit BONIVAfreetrial.com and try BONIVA free.

once-monthly Boniva® ibandronate sodium 150 mg tablet

Help Stop and Reverse Bone Loss

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Boniva®
ibandronate sodium

IMPORTANT FACTS ABOUT BONIVA

(bon-EE-va) ibandronate sodium 150-mg tablet

What is BONIVA?

BONIVA, a bisphosphonate, is a prescription medicine used to treat and prevent osteoporosis in postmenopausal women, characterized by weakening of the bone.

Taken once a month in tablet form, BONIVA may stop and reverse bone loss in most women. It has been clinically proven to help build and maintain bone density, which can help reduce fractures.

What is the most important information about BONIVA?

BONIVA may cause serious problems in the stomach and the esophagus (the tube that connects your mouth and stomach) such as trouble swallowing, heartburn, and ulcers.

Who should not take BONIVA?

Do not take BONIVA if you:

- have abnormalities with your esophagus, such as restriction or difficulty swallowing
- have low blood calcium (hypocalcemia)
- cannot sit or stand for at least 60 minutes
- have kidneys that work very poorly
- are allergic to BONIVA or any of its ingredients

See Patient Information for complete list.

Before you start BONIVA.

Tell your health care provider if you:

- are pregnant or plan to become pregnant
- are breast-feeding
- have trouble swallowing or other problems with your esophagus
- have kidney problems
- are planning a dental procedure such as tooth extraction

Tell your health care provider and dentist about all medications you're taking, including vitamins, antacids, and supplements.

How should you take BONIVA?

You must take BONIVA exactly as instructed by your health care provider.

- Take first thing in the morning, on the same day each month.
- Swallow whole (do not chew or suck) with a full glass (6 to 8 oz) of plain water (not sparkling or mineral). Do not take with tea, coffee, juice, or milk.
- After you take BONIVA, remain standing or sitting for at least 60 minutes before you eat, drink, lie down, or take any other oral medications, including calcium, vitamins, and antacids. Some medicines can stop BONIVA from getting to your bones.
- If you miss a monthly dose and your next scheduled BONIVA day is more than 7 days away, take one BONIVA 150 mg tablet in the morning following the day that you remember. Do not take two 150 mg tablets within the same week. If your scheduled BONIVA day is only 1 to 7 days away, wait until your next scheduled BONIVA day to take your tablet. Then return to taking one BONIVA 150 mg tablet every month in the morning of your chosen day, according to your original schedule. If you are not sure what to do if you miss a dose, contact your health care provider, who will be able to advise you.
- If you take too much BONIVA, drink a full glass of milk and call your local poison control center or emergency room right away. Do not make yourself vomit. Do not lie down.

What are the possible side effects of BONIVA?

Stop taking BONIVA and call your health care provider right away if you have pain or trouble swallowing, chest pain, or very bad heartburn or heartburn that does not get better. Follow dosing instructions carefully to decrease the risk of these effects.

BONIVA may cause:

- Pain or trouble swallowing
- Heartburn
- Ulcers in stomach or esophagus

Common side effects are:

- Diarrhea
- Pain in extremities (arms or legs)
- Upset stomach

Less common side effects are:

- Short-term, mild flu-like symptoms, which usually improve after the first dose

Rarely, patients have reported allergic and skin reactions. Contact your health care provider if you develop any symptoms of an allergic reaction including skin rash (with or without blisters), hives, wheezing, or swelling of the face, lips, tongue, or throat. Get medical help right away if you have trouble breathing, swallowing, or feel light-headed.

Rarely, patients have reported severe bone, joint, and/or muscle pain starting within one day to several months after beginning to take oral bisphosphonate drugs. Contact your health care provider if you develop these symptoms after starting BONIVA.

Rarely, patients have reported serious jaw problems associated with delayed healing and infection, often following dental procedures such as tooth extraction. If you experience jaw problems, contact your health care provider and dentist.

This summary is not a complete list of side effects. For a complete list, consult your health care provider or pharmacist.

Want to know more?

This summary is not everything you need to know about BONIVA. It does not take the place of talking with your health care provider about your condition or treatment. For more complete information, talk to your health care provider or pharmacist.

Visit myboniva.com or call 1-888-MyBONIVA for the complete Prescribing Information, which includes the Patient Information.

Genentech
A Member of the Roche Group

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10032001



Beware of the blended

Soda isn't the only sneaky source of beverage calories (or *POINTS* values). Today's popular blended drinks can cost you, too. Here's how to order wisely.

SKIP	CHOOSE
Starbucks Mocha Frappuccino, 16 oz (6 *POINTS*; 260 calories)	Starbucks Skinny Vanilla Iced Latte, 16 oz (4 *POINTS*; 180 calories)
Jamba Juice Mango-a-Go-Go, 30 oz (11 *POINTS*; 660 calories)	Jamba Juice Mango Mantra, 30 oz (5 *POINTS*; 380 calories)
Frozen piña colada (pineapple juice, rum, and cream of coconut), 6 oz (7 *POINTS*; 644 calories)	Diet cola on the rocks with a shot of rum and lime wedge, 10 oz (2 *POINTS*; 115 calories)

POINTS VALUES AND CALORIE COUNTS ARE APPROXIMATE.

PHOTOGRAPHY: JUMP FOTO.

BEVERAGE UPDATE EXPERTS SUSAN AARONSON, M.S., R.D., WELLNESS COORDINATOR, UNIVERSITY OF MICHIGAN HEALTH SYSTEM; BARRY M. POPKIN, PH.D., PROFESSOR OF NUTRITION, SCHOOL OF PUBLIC HEALTH, UNIVERSITY OF NORTH CAROLINA, CHAPEL HILL; REBECCA REEVES, ASSISTANT PROFESSOR OF MEDICINE, BAYLOR COLLEGE OF MEDICINE, HOUSTON, TEXAS.



Weight Watchers® Scales For Accuracy You Can Trust

Reaching the weight that is right for you can change your life! Set yourself a goal and make it happen!

Weight Watchers scales are engineered with the latest innovative precision electronic technology to deliver accuracy you can trust. Our full line includes scales that even let you measure and monitor body fat, hydration levels, BMI and bone mass – because healthy weight is about more than just the pounds!

While working toward your goal, follow your progress on a Weight Watchers digital scale. And once you reach that target weight, make us part of your routine and we'll help you stay there!

Precision Electronic Scales by CONAIR

Microprocessor Controlled Accuracy

Weight Watchers

For information on Weight Watchers scales by Conair, visit www.conair.com, www.weightwatchers.com, or call 1-800-326-6247

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Running for Life



"I guess you could say that healthy genes don't run in my family. I developed type 1 diabetes as a child and both of my parents have had cancer. Although I was active when I was younger and my weight was normal, after I got married I started cooking lots of comfort foods, so I packed on the pounds. I had been around enough doctors to know that my diet and weight were not going to help my odds of preventing cancer, so I finally joined WW.

The next year was a rough one for me. **After two months on the program, I found a lump in my breast.** Unbelievably, on the day that my mother had a mastectomy, I was diagnosed with breast cancer. As I began my chemo, I resolved to stay on WW. I knew that losing weight, eating better, and exercising would help me in my fight—and my doctor agreed.

To Good Health!

I've had type 1 diabetes my whole life, but now my sugar levels are down, and I take less insulin than I ever have before!

I also began running, and that turned out to be my saving grace. Although I was having chemo, I decided to run my first half-marathon as part of The National Marathon to Fight Breast Cancer. At the time, I was completely bald. When my mom met me at the finish, it was the most amazing feeling.

Since I wanted to clock faster times, running inspired me to eat even better: I focused on fish, veggies, and whole grains. Not only did my new eating habits give me more energy for running, but they seemed to make me better able to tolerate chemo.

While I had terrible challenges that year, I also experienced incredible growth. Now, I am cancer-free. I have the rest of my life to do things I never could before. I know that those past challenges made me into the strong, healthy person I am today."



Jenny Smith
Home Virginia
Age 36 **Ht.** 5'5"
Before 160 lbs.
Lost 31 lbs.
After 129 lbs.
How WW Online

PEOPLE FOLLOWING THE WEIGHT WATCHERS PLAN CAN EXPECT TO LOSE 1 TO 2 POUNDS PER WEEK.

"When my father died of cancer, I decided I needed to take control of my health."

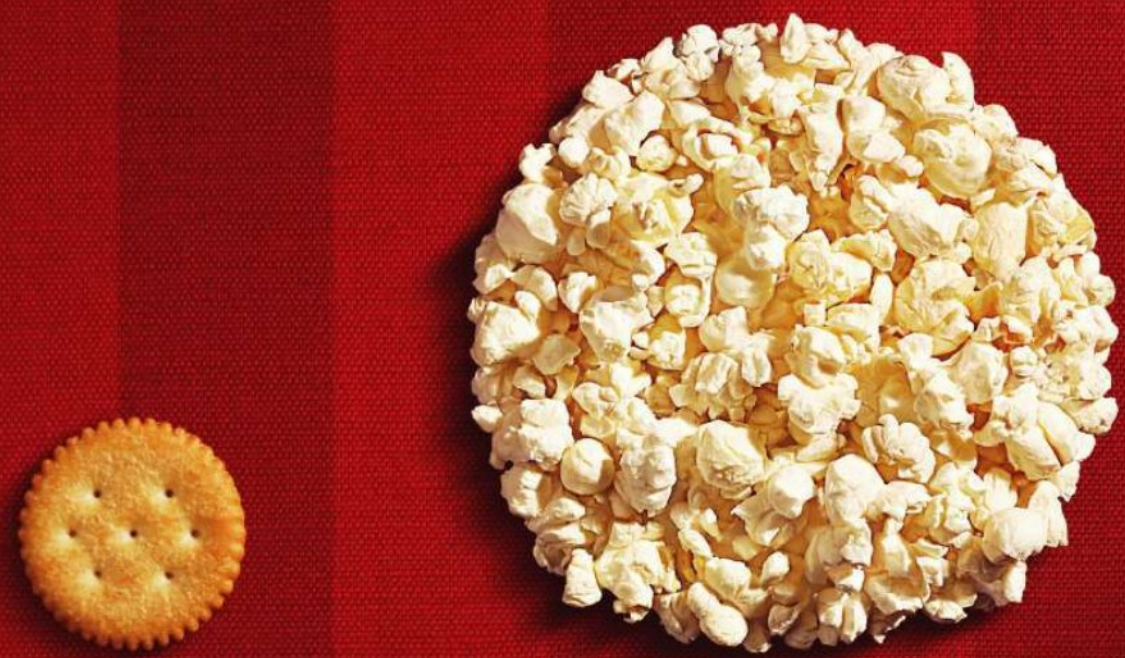
PHOTOGRAPHY: DARRYL ESTRINE.

Go ahead, brag! If you've had success on WW, we want to know: E-mail your story and photos to wwmsuccess@weightwatchers.com.

BY EMMA SMITH

These two circles contain the same amount of calories. Which one is bigger?

To determine the area you can use $A=\pi r^2$ but you can probably just eyeball it.



Compared to store brands. ©ConAgra Foods, Inc. All Rights Reserved.



Calorie for calorie, SmartPop! gives you more.



So Long Smokes & Pounds

"I finally stopped smoking, which was a goal I'd been working on for a while. I was happy to accomplish that challenge, but—like a lot of people—I replaced cigarettes with food. For example, **because I couldn't have my usual after-lunch smoke, I would console myself with bigger meals:** My go-tos were two foot-long subs or half of a pizza. I hated the way I looked and knew my health was suffering. My wife had been nagging me to join WW, so one day I tagged along to one of her meetings.

At first I was overwhelmed by all of the changes I was going to have to make, but with help from my Leader and my wife, things started to make sense. Living with a fellow member made learning the program easier. Before long, I was practically calculating ***POINTS*** values in my sleep. **I also realized that I was eating for reasons other than hunger—boredom, anger, or stress would send me to my cupboard.** I began to think about *why* I wanted to eat before I just shoved food into my mouth.

To Good Health!

When I was heavy, frequent backaches forced me to take days off from work. Now, my back pain is gone!

I also reduced my portions and started eating my dinner off of a smaller plate, which made me feel like I was eating more. Another healthy change I made? Exercise! Every morning at 5:30 a.m., I hit the treadmill. I get DVDs of my favorite TV shows and watch them as I walk—that's how I've seen every episode of *24*!

Eventually, I started to look and feel better. My waist shrank from 46 to 33 inches. I actually feel like a role model for healthy living—my friends often ask my opinion on food-related topics. I joke that I may be two thirds the person I was before, but now I'm twice the man!"



Craig Ray
Home Ohio
Age 49 **Ht.** 6'2"
Before 263 lbs.
Lost 86 lbs.
After 177 lbs.
How WW Meetings

PEOPLE FOLLOWING THE WEIGHT WATCHERS PLAN CAN EXPECT TO LOSE 1 TO 2 POUNDS PER WEEK.

"I stepped on the scale and realized I was closing in on 300 pounds. Time for a change!"

PHOTOGRAPHY: JAMES SALZANO.

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Especially if that partner is JOHNSON'S® Baby Powder. Its lightweight formula helps absorb excess moisture and reduces skin friction, so you'll feel fresh, cool and comfortable all the way to the finish line.

To learn more about staying cool this summer, visit: **www.babypowder.com**



At Goal for Good!

"I lost 90 pounds on WW in 2000, but after maintaining my weight for 8 years, I stopped attending meetings. I thought I had figured out how to eat healthy on my own, but without the accountability of my weekly weigh-in, I slowly gained weight. **Over the next 10 years, I regained a total of 40 pounds.** Of course I was unhappy with how I looked, but what really motivated me to make a change (again!) was what happened the day I noticed that my feet and ankles were swollen. I worked in a medical office, so I asked a doctor to take a look. **To my shock, he said I had edema, an accumulation of fluid in the body.** He told me that the main cause is an unbalanced diet that's very high in salt and carbohydrates—that described my eating habits perfectly. What a wake-up call. I went back to WW, and everything I'd learned before about healthy living came back to me.

To Good Health!
Before, I was tired and sluggish all the time, but now I'm full of energy!

I started weighing and measuring my portions again, and I made an effort to eat more mindfully at our Puerto Rican family dinners. Everyone else would have seconds (or thirds), but I took only small portions of my favorites and savored them. I was still able to eat pork shoulder and fried plantains– I just made sure to use my weekly ***POINTS*** allowance. Plus, after these indulgences, I always go back to my healthy staples, like grilled chicken with brown rice, the next day.

Now I've been back at goal for a full year (again), and my edema is gone. Being in control of my weight and health is the most amazing, powerful feeling. Although I'm not happy that I regained so much weight, I know it's brought me to where I am today. For that, I'm thankful!"



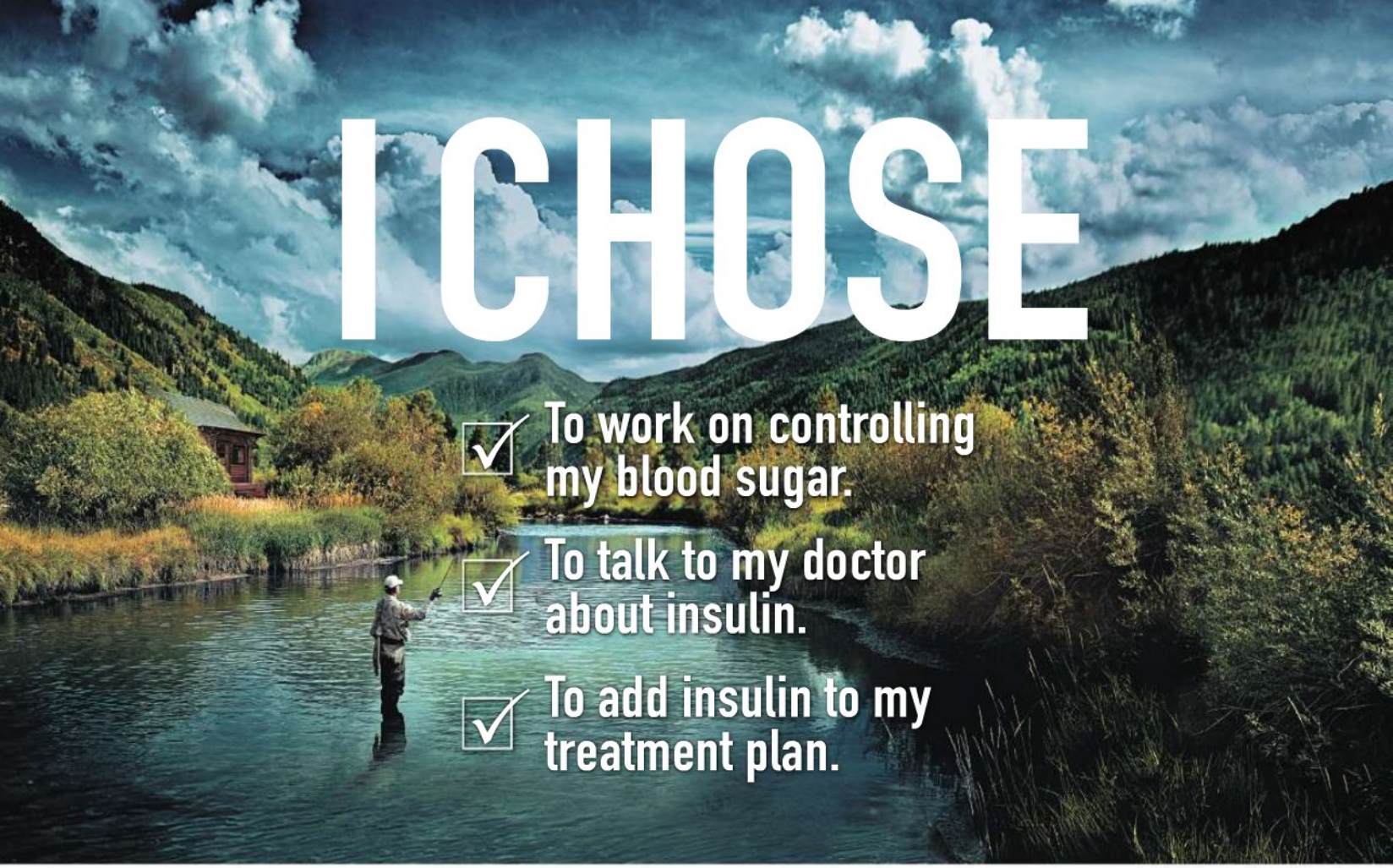


Liz Alejandro
Home New York
Age 37 **Ht.** 5'0"
Before 190 lbs.
Lost 35 lbs.
After 155 lbs.
How WW Meetings

PEOPLE FOLLOWING THE WEIGHT WATCHERS PLAN CAN EXPECT TO LOSE 1 TO 2 POUNDS PER WEEK.

"I was horrified when I realized even my shoe size had gone up because of the extra weight."

PHOTOGRAPHY: DARRYL ESTRINE.



If you have type 2 diabetes, and pills alone aren't controlling your blood sugar anymore, this could be the right time to consider adding insulin. Insulin is an effective way to lower blood sugar. Controlling blood sugar is important because, over time, high blood sugar can lead to serious complications.

Today, insulin comes in an easy-to-use pen. Insulin should be used as part of an overall diabetes treatment plan, which includes diet, exercise, and other diabetes medications. Make the choice to talk to your doctor about whether insulin is right for you.



Important Safety Information for Lantus® (insulin glargine [rDNA origin] injection)

Do not take Lantus® if you are allergic to insulin or any of the inactive ingredients in Lantus.®

You must test your blood sugar levels while using insulin, such as Lantus.® Do not make any changes to your dose or type of insulin without talking to your healthcare provider. Any change of insulin should be made cautiously and only under medical supervision.

Do NOT dilute or mix Lantus® with any other insulin or solution. It will not work as intended and you may lose blood sugar control, which could be serious. Lantus® must only be used if the solution is clear and colorless with no particles visible. **Do not share needles, insulin pens or syringes with others.**

The most common side effect of insulin, including Lantus,® is low blood sugar (hypoglycemia), which may be serious. Other possible side effects may include injection site reactions, including changes in fat tissue at the injection site, and allergic reactions, including itching and rash. In rare cases, some allergic reactions may be life threatening.

Tell your doctor about other medicines and supplements you are taking because they can change the way insulin works. Before starting Lantus,® tell your doctor about all your medical conditions including if you have liver or kidney problems, are pregnant or planning to become pregnant, or are breast-feeding or planning to breast-feed.

Indications and Usage

Prescription Lantus® is a long-acting insulin used to treat adults with type 2 diabetes and adults and children (6 years and older) with type 1 diabetes for the control of high blood sugar. It should be taken once a day at the same time each day to lower blood glucose.

Do not use Lantus® to treat diabetic ketoacidosis.

Lantus® SoloSTAR® is a disposable prefilled insulin pen.

Please see additional important information on the next page.

WhyInsulin.com
1-877-665-9334

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

From the maker of Lantus® SoloSTAR.®

sanofi aventis

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US.GLA.10.03.005

BRIEF SUMMARY OF PRESCRIBING INFORMATION

HIGHLIGHTS OF PRESCRIBING INFORMATION

These highlights do not include all the information needed to use LANTUS safely and effectively. See full prescribing information for LANTUS.

LANTUS® (insulin glargine [rDNA origin] injection) solution for subcutaneous injection

Initial U.S. Approval: 2000

INDICATIONS AND USAGE

LANTUS is a long- acting human insulin analog indicated to improve glycemic control in adults and children with type 1 diabetes mellitus and in adults with type 2 diabetes mellitus. (1)

Important Limitations of Use:

- Not recommended for treating diabetic ketoacidosis. Use intravenous, short-acting insulin instead.

DOSAGE AND ADMINISTRATION

- The starting dose should be individualized based on the type of diabetes and whether the patient is insulin-naïve (2.1, 2.2, 2.3)
- Administer subcutaneously once daily at any time of day, but at the same time every day. (2.1)
- Rotate injection sites within an injection area (abdomen, thigh, or deltoid) to reduce the risk of lipodystrophy. (2.1)
- Converting from other insulin therapies may require adjustment of timing and dose of LANTUS. Closely monitor glucoses especially upon converting to LANTUS and during the initial weeks thereafter. (2.3)

DOSAGE FORMS AND STRENGTHS

Solution for injection 100 units/mL (U-100) in

- 10 mL vials
- 3 mL cartridge system for use in OptiClik (Insulin Delivery Device)
- 3 mL SoloStar disposable insulin device (3)

CONTRAINDICATIONS

Do not use in patients with hypersensitivity to LANTUS or one of its excipients (4)

WARNINGS AND PRECAUTIONS

- Dose adjustment and monitoring: Monitor blood glucose in all patients treated with insulin. Insulin regimens should be modified cautiously and only under medical supervision (5.1)
- Administration: Do not dilute or mix with any other insulin or solution. Do not administer subcutaneously via an insulin pump or intravenously because severe hypoglycemia can occur (5.2)
- Do not share reusable or disposable insulin devices or needles between patients (5.2)
- Hypoglycemia: Most common adverse reaction of insulin therapy and may be life-threatening (5.3, 6.1)
- Allergic reactions: Severe, life-threatening, generalized allergy, including anaphylaxis, can occur (5.4, 6.1)
- Renal or hepatic impairment: May require a reduction in the LANTUS dose (5.5, 5.6)

ADVERSE REACTIONS

Adverse reactions commonly associated with Lantus are:

- Hypoglycemia, allergic reactions, injection site reaction, lipodystrophy, pruritus, and rash. (6.1)

To report SUSPECTED ADVERSE REACTIONS, contact sanofi-aventis at 1-800-633-1610 or FDA at 1-800-FDA-1088 or *www.fda.gov/medwatch.*

DRUG INTERACTIONS

- Certain drugs may affect glucose metabolism, requiring insulin dose adjustment and close monitoring of blood glucose. (7)
- The signs of hypoglycemia may be reduced or absent in patients taking anti-adrenergic drugs (e.g., beta-blockers, clonidine, guanethidine, and reserpine). (7)

USE IN SPECIFIC POPULATIONS

- Pregnancy category C: Use during pregnancy only if the potential benefit justifies the potential risk to the fetus (8.1)
- Pediatric: Has not been studied in children with type 2 diabetes. Has not been studied in children with type 1 diabetes <6 years of age (8.4)

See Prescribing Information for PATIENT COUNSELING INFORMATION and FDA-approved patient labeling

Revised: 09/2009

GLA-BCPH-AS-SEP09 Rx Only



Fantastic 40

"I'd always had a slight weight problem, but after I became a mother, my weight really climbed. With my 40th birthday approaching, I decided that I wanted to change. **I was determined to be a new person when I entered a new decade.** I decided to try WW, and something just clicked in me during that first meeting. As I saw the pounds steadily dropping each week, I became hooked.

I have four kids, and I've always been passionate about having family meals together and cooking from scratch. But when I took a close look at the Italian American food I was making, I realized we were eating lots of pasta with cheese, bread, and almost no vegetables. **I modified my cooking and even subbed whole wheat pasta, low-fat cheese, and ground turkey in my famous lasagna.** Plus, I made sure we always had vegetables, protein, and fruit for dessert. Whenever I got bored, I'd log on to weightwatchers.com to find new recipes.

To Good Health!
I decided that I needed to get healthy in order to become a better mom. Now, I can keep up with my four children.

I knew that exercise would help me to have more energy and improve my stamina, so I found a path near my house with a view of the water. Now I walk six miles a day.

Today I'm superinvolved in my kids' activities, and I have much more energy. I'm the happiest I've been in a long time. I went from a size 26 to a 10, which is smaller than I was at my wedding. My husband likes to say that he has his old girlfriend back. After 17 years of marriage, we'd never taken even a long weekend away together, so last winter, we went to Cancun—alone. It was amazing—I felt beautiful at the beach for the very first time."

Gina Pezzino
Home New York
Age 42 **Ht.** 5'9"
Before 318 lbs.
Lost 146 lbs.
After 172 lbs.
How WW Meetings

PEOPLE FOLLOWING THE WEIGHT WATCHERS PLAN CAN EXPECT TO LOSE 1 TO 2 POUNDS PER WEEK.


BEFORE

"A family party was coming up, and I didn't want to stand out in the photos."

How did they do it? Turn to pg. 44 to see the small changes that helped these members lose big. >

PHOTOGRAPHY: DARRYL ESTRINE.

Bag of Tricks

These members lost the weight—and want you to get there, too. Use their easy tips to help you on the journey!





Berry boost My favorite summer breakfast is yogurt sprinkled with low-fat granola and lots of raspberries and blueberries. I feel satisfied all morning. *–Gina*

Bulk up with broccoli To trim the ***POINTS*** values from favorite pasta dishes, I add more veggies and use less pasta. *–Jenny*





I got a dog! Meggie, our chocolate lab, keeps me moving: We walk in the morning and afternoon–I even take her to work! *–Craig*

> **"When I cook a WW recipe for dinner, I always reserve one serving for lunch. That way I automatically know the size and *POINTS* value. –*Craig*"**

Calcium



Is it possible to crave wellness? Introducing Quaker® Dark Chocolate Mocha Hazelnut Café Squares. A good source of iron, fiber* and of course, calcium.

Quaker Love Life™



*Contains 3.5 grams of total fat per serving.





Clean sweep When I dust and vacucum my house, I put music on and dance. By the time I've finished, I've logged over 10,000 steps and I'm sweaty and exhausted. *—Liz*



Plan ahead Before I go out to dinner, I log on to weightwatchers.com to look up ***POINTS*** values for dishes I may eat. I write down at least two healthy choices and refer to them before ordering. *—Jenny*

> **"I replace half the meat in lasagna with steamed spinach. It ups the fiber and cuts the fat. —*Gina*"**



Go low I have mastered the 2-***POINTS*** value breakfast. I have a three-egg-white-and-veggie omelet on an English muffin. It leaves me with plenty of flexibility for the rest of the day *—Liz*



Snack strategy Salty treats are my downfall, but 100-calorie packs let me get my fix in moderation. *—Craig*

PHOTOGRAPHY: JESSICA PETERSON/GETTY IMAGES (DOG); JUPITERIMAGES (GRANOLA); ISTOCKPHOTO (DUSTER & PRETZELS); MASTERFILE (ORGANIZER).

Whole Grains



Is it possible to crave wellness? Introducing Quaker® Vanilla Creme Brulee Quakes.
5 grams of whole grains per 9 cakes or 10 grams per 18 cakes.

Quaker Love Life™





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BECAUSE IT WORKS

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WHEN LOSING WEIGHT CLICKED FOR ME

"When I got the control I needed with the online plan. Tools like the Pizza Cheat Sheet help you eat your favorite food, and watching the Weight Tracker Graph go down really keeps you going."—Eddie, lost 60 lbs*

TRY IT FOR A WEEK FREE**

WeightWatchers.com/FreeTrial

WeightWatchers® Online

Finally, losing weight clicks™

*People following the Weight Watchers plan can expect to lose 1–2 pounds per week.

**You must sign up at WeightWatchers.com/freetrial by 8/31/10 for 1-week free trial. Unless you cancel before 1-week free trial ends, you are automatically charged for 3-month subscription. To cancel, visit WeightWatchers.com/cancel. At the end of first 3 months, your subscription will automatically renew at standard monthly rate until you cancel. See URL for more details.

gorgeous



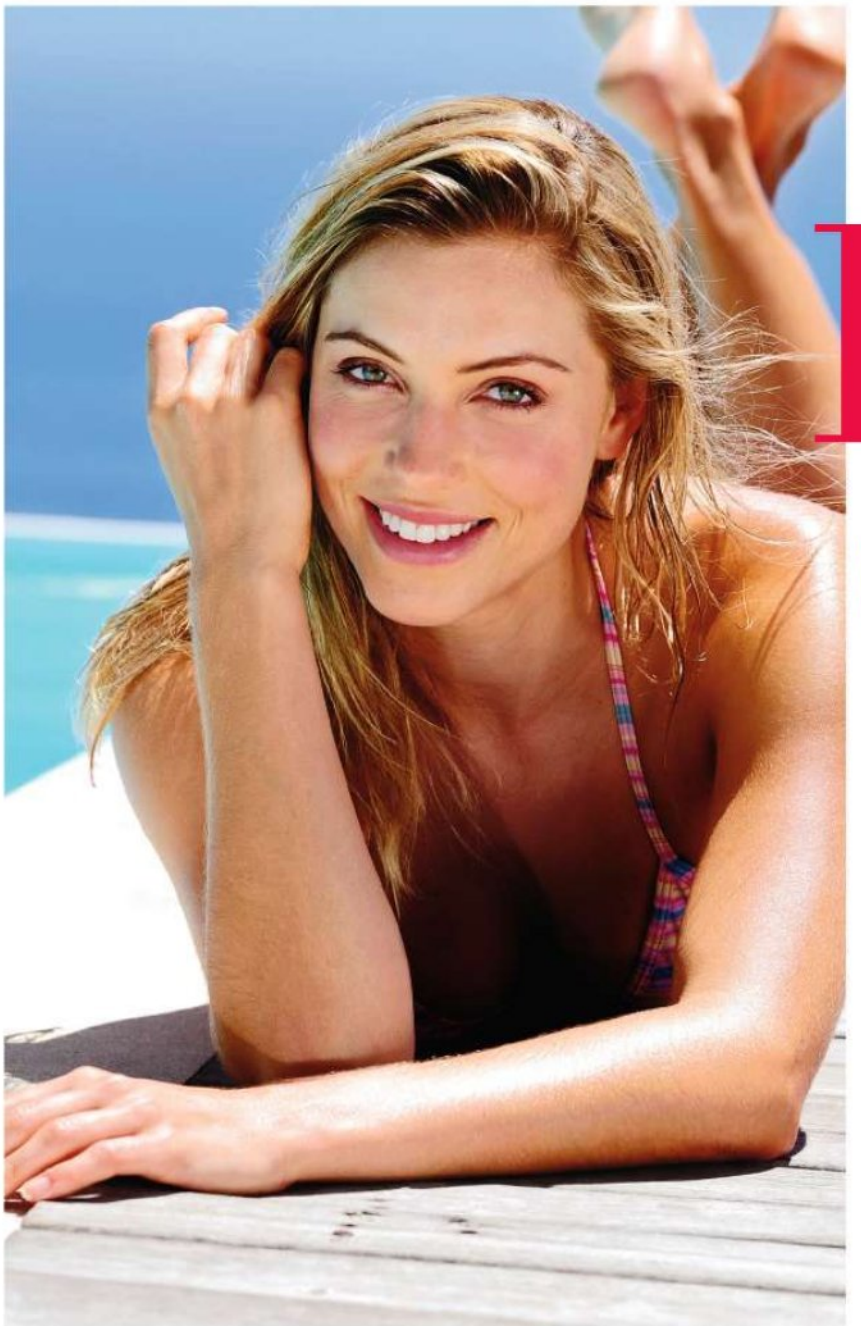
Hot Looks! A general rule for summer beauty? Lighten up! Begin by switching from heavy oil-based moisturizing creams to lighter water-based lotions; then add a toner to your a.m. skin-care routine to reduce greasiness. And remember: When it comes to makeup, less is definitely more!

Choose an oil-free foundation, because skin tends to be oilier in the summer; look for products that contain silica, a mineral that reduces shine.

Go for gel or liquid eyeliners: They're smudgeproof and water-resistant. Avoid wax-based eyeliners, which tend to smudge in humid weather.

Use a neutral lip pencil as a base before you apply your lip color—it will provide a slip-free surface to prevent your lipstick from melting in the heat.

PHOTOGRAPHY: JUMP FOTO.



Faux Glow

Love the sun-kissed look but not the skin damage? Our at-home plan delivers a healthy alternative.

Remove dry, dead cells from the surface of your skin with a loofah in the shower. This will allow dihydroxyacetone (DHA), the active ingredient in self-tanners, to uniformly penetrate the skin. Translation: You won't wind up with unevenly colored patches.

Towel-dry skin and apply your regular body moisturizer (this will help tanner go on more evenly). Massage a quarter-size dollop of tanner to lower legs, starting at toes and working upward in a circular motion. Continue applying tanner as you make your way up your entire body; save your face for last. Let dry.

Dab a cotton swab dipped in lemon juice at your hairline and rub some hydrogen peroxide on hands to erase any tanner buildup in those telltale spots.

Add a few squeezes of self-tanner to your body moisturizer to subtly enhance your color each day and extend your glow. Another must? Skip exfoliating scrubs because they'll scour away color.

No more orange!

To avoid the infamous self-tanner orange tint, **skip products that promise a deep or dark tan, unless your skin is normally olive or darker.** Instead, for richer, more natural-looking color, apply two or three coats of a product formulated to provide a light tan (allow enough time between applications for coats to dry so that tanner can complete its browning reaction).

EXPERTS: RICKY CROFT, FOUNDER OF MYSTIC TAN;
ANGELIQUE BRAY-CASSELL, AN AESTHETICIAN AT ONA SPA IN LOS ANGELES.

PHOTOGRAPHY: JUMP FOTO.

Do you DIY? Tell us which beauty tasks you'll do yourself and which you leave to the pros. E-mail wwmeditor@weightwatchers.com.

BY ERINN BUCKLAN

proactiv®

I'M NOT PASSIVE. I'M PROACTIV.™

Julianne Hough



When it comes to breakouts, Julianne Hough is not passive. She takes charge with NEW Proactiv®. Its micro-crystal medicine and 24/7 Skin Care Advisor support, is fast, gentle, and guaranteed to work or your money back.

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FOR 30-DAYS
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Order NOW and Get These Extras!



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☑ **YES! I'm ready for a life without acne.**

Please send my 30-day trial supply of the **NEW Proactiv® 3-Step System,** plus my free gift plus two free BONUS EXTRAS – ALL for only $19.95, with initial SHIPPING also FREE. (Add sales tax for: CA, IA, NC, & PA.)

I understand that after 30 days, I will receive a fresh 90-day supply of NEW Proactiv®. Every three months, I will receive an additional 90-day supply. I can change my shipments, suspend my shipments, or cancel my shipments at any time. There is no minimum purchase required.

I am guaranteed this low price of $19.95 per month (plus $7.99 s/h per subsequent shipment), for as long as I remain an active customer. Please charge my future shipments to the credit card I have provided here, or bill me if I have paid by check or money order.

Finally, I understand that I am protected by your 60-Day Money Back Guarantee: If NEW Proactiv® fails to meet my expectations, I can simply return the bottles (even if empty) within 60 days of receipt for a full refund of the purchase price less s/h.

Payment Method:

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335-637379





Purple reigns

The color of the season is universally flattering!







TIP When using purple makeup, don't go overboard—choose eyes, cheeks, *or* lips and keep the rest of your colors neutral.

1 LILAC LIPS Ease into lavender lips with a gloss—it's more subtle and wearable than opaque lipstick. BECCA GLOSSY LIP TINT IN SUGAR PLUMP, $23

2 PURPLE HAZE One color fits all! Plum bronzer works for pale, medium, and dark skin. LUMI LUXE BRONZER PALETTE, $25

3 POPS OF PANSY Not ready for purple fingernails? Start out with a bold shade on your toes instead. CHINA GLAZE IN BFF AND IDK, $6.50 EACH; NICOLE BY OPI IN TRUTH OR LILAC? AND VIRTUOUS VIOLET, $7.99 EACH; OPI NAIL LACQUER IN RUMPLE'S WIGGIN', $8.50

4 BERRY BLISS Purple fruits and flowers (like blackberry, currant, and verbena) make for great scents. MISTRAL EAU DE PARFUM IN WILD BLACKBERRY, $52

5 LAVENDER SUDS Bath products infused with calming lavender oil and wisteria soften the skin. THYMES LAVENDER BODY WASH, $18

6 PLUM PRETTY Choose sheer lilac shadow for day and bolder aubergine for night. MAKE-UP DESIGNORY SHADOWS IN VOODOO, CONCORD, AND SUGARED VIOLET, $13.50 EACH

Ready to buy these products? Turn to our Shop Guide on p. 131 for details.

PHOTOGRAPHY: LISA SHIN.

BY JESSICA WOZINSKY

The Taste BLOWS Away Soymilk,

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Break the Rules

Ignore summer's outdated fashion edicts and you'll shop less, save more, and look great!





GO AHEAD

Wear your LBD to a wedding.

A cotton or silk LBD *can* work for a summer event (but avoid long sleeves or wool). How to do it right? Opt for lighter accessories. Pair your dark dress with a statement necklace in bright coral, colorful bangles, or even shimmery lip gloss.

GO AHEAD

Carry a leather bag.

There's no need to buy a seasonal purse you'll use for only a couple months. Instead, invest in a classic style and neutral shade (think charcoal gray or slate) that will work year-round.



GO AHEAD

Go suede!

Just confine it to details like shoes or accessories. For example, seek out a vibrant sandal, a barrette, or a bag with suede trim. Rule of thumb: Wear one suede piece at a time.

GO AHEAD

Choose nudes.

If you're not at goal, the key to pulling off nudes is to mix them with dark neutrals like brown or black (try a blush-pink top with a chocolate-colored skirt). Steer clear of pale tops that are too tight—choose one that has ruffles or drapes away from the body.



GO AHEAD

Shine on with metallics.

Sparkly apparel isn't just for the winter holidays. Make special pieces suitable for summer (and even for the office) with a few tweaks. For instance, team a high-drama sequined tank with a simple cardigan in a more casual fabric like cotton.

For details on where to buy these items, see Shop Guide, p. 131.

PHOTOGRAPHY: AUGUSTUS BUTERA (WOMAN); LISA SHIN (STILL LIFES).

BY SARAH NEWELL



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healthy



Take a Beach Day!

When it comes to sun protection, it's easy to forget about your eyes. However, UV rays can cause long-term vision damage. So always wear shades outdoors. And when buying, look for a label indicating that the lenses block at least 99 percent of UVA/UVB rays and 75 to 90 percent of visible light.

Drink up. The night before you go to the beach, fill a reusable water bottle halfway and freeze. In the a.m., fill to the top. Sip all day to stay hydrated.

Swim safely. Always choose a beach that has a lifeguard on duty. If you get caught in a riptide, swim parallel to the shore until the guard reaches you.

Look out below! After leaving the beach, change into dry clothes right away; wearing a wet swimsuit for too long can cause a yeast infection.

PHOTOGRAPHY: MASTERFILE.

TO DO:

Book Vacation!



A little downtime may deliver surprising payoffs when it comes to your health—and weight. Here's why:

REASON 1 Your heart will thank you.

Data from the long-term Framingham Heart Study indicates that women who take at least two vacations a year are significantly less likely to develop heart disease or have a heart attack than those who take fewer holidays.

REASON 2 Anticipation is a good thing.

Simply *knowing* that you're going to get away can send your bliss-meter into overdrive. Make the most of what researchers have dubbed the "vacation anticipation" effect by planning your trip well in advance. You get the benefit of looking forward to it, *and* you cut down on last-minute stress and expense. The best news of all? You don't need to plan an extended getaway to reap the rewards: Research shows that several shorter trips per year yield better benefits than one longer vacation.

REASON 3 You'll have a happier marriage.

Couples who take vacations every year tend to be more satisfied with their marriages. "Traveling with your spouse gives you time to reconnect," says Cathy McCarthy, Ph.D., lead author of a study on couples travel funded by the National Institute for Occupational Safety and Health. The most happy participants averaged two trips a year.

REASON 4 Satisfy your fitness curiosity.

A vacation doesn't have to revolve around food. New science suggests that exercise is an important part of a rejuvenating getaway, so make it a point to sample a new activity or class, and dance off your dinner at a local club. Then, when you get home, use the new moves you've picked up to revitalize your daily routine.

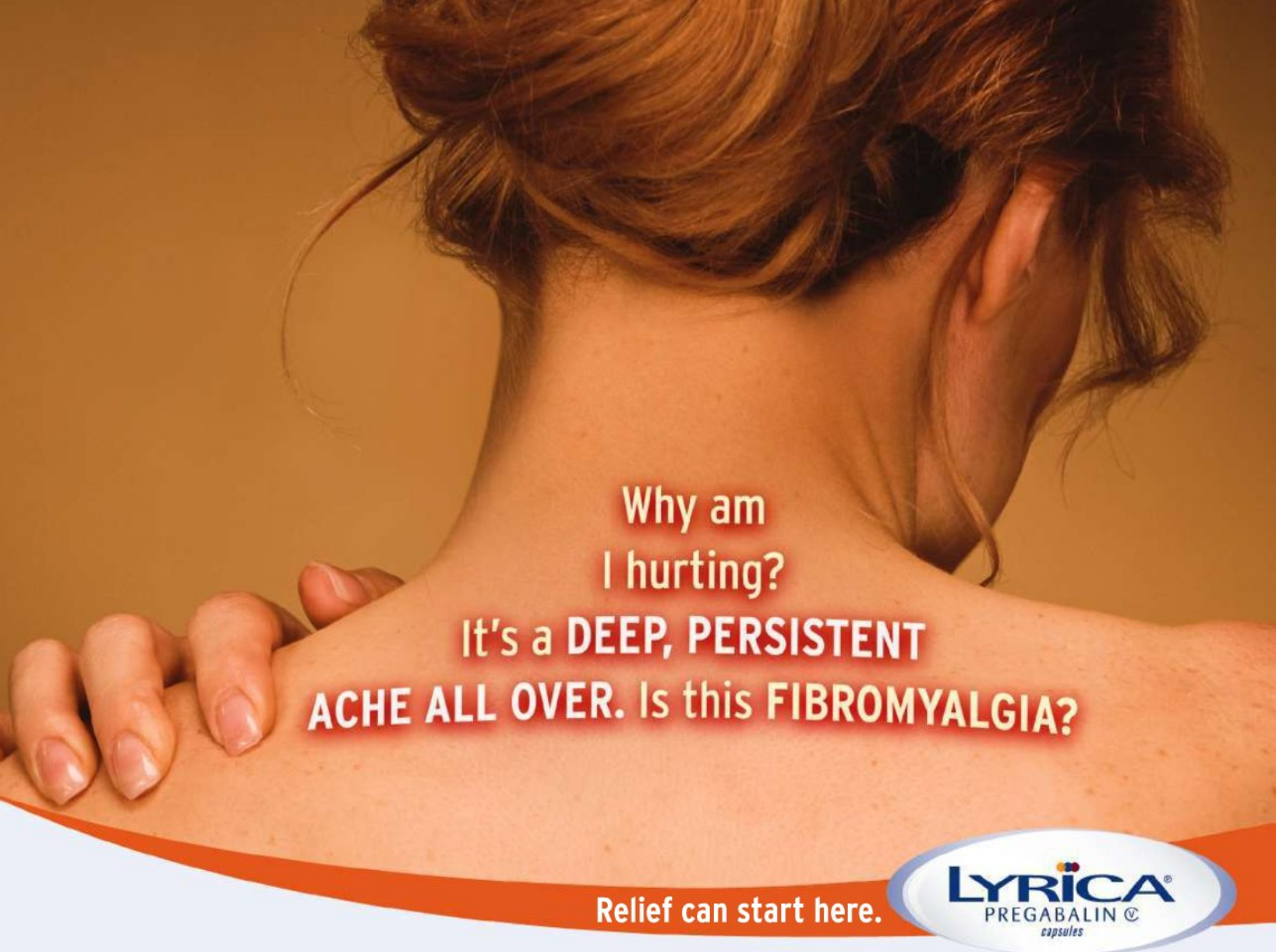
Get Unplugged

Use your downtime to take a break from your cell phone, PDA, or laptop. Doing so can mean the difference between just "time away" and a genuine vacation. **If you're staying at a hotel, stash your gadgets in your room's safe or entrust them to the concierge.** At a minimum, vow to shut them off for most of the day. That way, you can check in occasionally, but you won't be glued to your devices.

For ideas on how to stay on track when you travel, go to weightwatchers.com/traveltips.

PHOTOGRAPHY: VEER (WOMAN); GETTY IMAGES (NOTE).

BY GINNY GRAVES



Relief can start here.

LYRICA® PREGABALIN Ⓒ capsules

Fibromyalgia is chronic, widespread muscle pain that makes daily tasks difficult. If you're experiencing this pain, **talk to your doctor about prescription Lyrica and visit www.lyrica.com today.**

Fibromyalgia is thought to be the result of **overactive nerves** that cause chronic, widespread pain.

Lyrica is FDA-approved to **help relieve Fibromyalgia pain.** It's not an antidepressant.

Clinical studies have shown that **Lyrica provides significant relief in as early as one week** for some patients.

Prescription Lyrica is not for everyone. Tell your doctor right away about any serious allergic reaction that causes swelling of the face, mouth, lips, gums, tongue, throat or neck or any trouble breathing or that affects your skin. Lyrica may cause suicidal thoughts or actions in a very small number of people. Call your doctor right away if you have new or worsening depression, suicidal thoughts or actions, or unusual changes in mood or behavior. Lyrica may cause swelling of your hands, legs and feet. Some of the most common side effects of Lyrica are dizziness and sleepiness. Do not drive or work with machines until you know how Lyrica affects you. Other common side effects are blurry vision, weight gain, trouble concentrating, dry mouth, and feeling "high." Also, tell your doctor right away about muscle pain along with feeling sick and feverish, or any changes in your eyesight including blurry vision or any skin sores if you have diabetes. You may have a higher chance of swelling, hives or gaining weight if you are also taking certain diabetes or high blood pressure medicines. Do not drink alcohol while taking Lyrica. You may have more dizziness and sleepiness if you take Lyrica with alcohol, narcotic pain medicines, or medicines for anxiety. If you have had a drug or alcohol problem, you may be more likely to misuse Lyrica. Tell your doctor if you are planning to father a child. Talk with your doctor before you stop taking Lyrica or any other prescription medication.

Please see Important Facts Brief Summary on adjacent page.

To learn more visit www.lyrica.com or call toll-free 1-888-5-LYRICA (1-888-559-7422).

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

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IMPORTANT FACTS

LYRICA® PREGABALIN © capsules

(**LEER**-i-kah)

IMPORTANT SAFETY INFORMATION ABOUT LYRICA

LYRICA may cause serious, even life threatening, allergic reactions. Stop taking LYRICA and call your doctor right away if you have any signs of a serious allergic reaction:

- Swelling of your face, mouth, lips, gums, tongue, throat or neck
- Have any trouble breathing
- Rash, hives (raised bumps) or blisters

Like other antiepileptic drugs, LYRICA may cause suicidal thoughts or actions in a very small number of people, about 1 in 500.

Call your doctor right away if you have any symptoms, especially if they are new, worse or worry you, including:

- New or worsening depression
- Suicidal thoughts or actions
- Unusual changes in mood or behavior

Do not stop LYRICA without first talking with your doctor.

LYRICA may cause swelling of your hands, legs and feet.

This swelling can be a serious problem with people with heart problems.

LYRICA may cause dizziness or sleepiness.

Do not drive a car, work with machines, or do other dangerous things until you know how LYRICA affects you. Ask your doctor when it is okay to do these things.

ABOUT LYRICA

LYRICA is a prescription medicine used in adults 18 years and older to treat:

- Pain from damaged nerves that happens with diabetes or that follows healing of shingles
- Partial seizures when taken together with other seizure medicines
- Fibromyalgia (pain all over your body)

Who should NOT take LYRICA:

- Anyone who is allergic to anything in LYRICA

BEFORE STARTING LYRICA

Tell your doctor about all your medical conditions, including if you:

- Have had depression, mood problems or suicidal thoughts or behavior
- Have or had kidney problems or dialysis
- Have heart problems, including heart failure
- Have a bleeding problem or a low blood platelet count
- Have abused prescription medicines, street drugs or alcohol in the past
- Have ever had swelling of your face, mouth, tongue, lips, gums, neck, or throat (angioedema)
- Plan to father a child. It is not known if problems seen in animal studies can happen in humans.
- Are pregnant, plan to become pregnant or are breastfeeding. It is not known if LYRICA will harm your unborn baby. You and your doctor should decide whether you should take LYRICA or breast-feed, but not both.

Tell your doctor about all your medicines. Include over-the-counter medicines, vitamins, and herbal supplements. LYRICA and other medicines may affect each other causing side effects. Especially tell your doctor if you take:

- Angiotensin converting enzyme (ACE) inhibitors. You may have a higher chance for swelling and hives.

BEFORE STARTING LYRICA, continued

- Avandia® (rosiglitazone)*, Avandamet® (rosiglitazone and metformin)* or Actos® (pioglitazone)** for diabetes. You may have a higher chance of weight gain or swelling of your hands or feet.
- Narcotic pain medicines (such as oxycodone), tranquilizers or medicines for anxiety (such as lorazepam). You may have a higher chance for dizziness and sleepiness.
- Any medicines that make you sleepy

POSSIBLE SIDE EFFECTS OF LYRICA

LYRICA may cause serious side effects, including:

- See "Important Safety Information About LYRICA."
- Muscle problems, pain, soreness or weakness along with feeling sick and fever
- Eyesight problems including blurry vision
- Weight gain. Weight gain may affect control of diabetes and can be serious for people with heart problems.
- Feeling "high"

If you have any of these symptoms, tell your doctor right away.

The most common side effects of LYRICA are:

- Dizziness
- Blurry vision
- Weight gain
- Sleepiness
- Trouble concentrating
- Swelling of hands and feet
- Dry mouth

If you have diabetes, you should pay extra attention to your skin while taking LYRICA and tell your doctor of any sores or skin problems.

HOW TO TAKE LYRICA

Do:

- Take LYRICA exactly as your doctor tells you. Your doctor will tell you how much to take and when to take it. Take LYRICA at the same times each day.
- Take LYRICA with or without food.

Don't:

- Drive a car or use machines if you feel dizzy or sleepy while taking LYRICA.
- Drink alcohol or use other medicines that make you sleepy while taking LYRICA.
- Change the dose or stop LYRICA suddenly. You may have headaches, nausea, diarrhea, or trouble sleeping if you stop taking LYRICA suddenly.
- Start any new medicines without first talking to your doctor.

NEED MORE INFORMATION?

- Ask your doctor or pharmacist. This is only a brief summary of important information.
- Go to **www.lyrica.com** or call **1-866-459-7422 (1-866-4LYRICA).**

Uninsured? Need help paying for Pfizer medicines? Pfizer has programs that can help. Call **1-866-706-2400** or visit www.PfizerHelpfulAnswers.com.

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WHEN LOSING WEIGHT CLICKED FOR ME

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Beat the Body Blues



Learning to love your body is not just a must for your psyche; it can actually help you lose weight and keep it off, because feeling good about your physique steers you toward healthier choices. Not a natural at the confidence thing? No problem. You can learn how to flex your "self-esteem" muscle. The exercises here are designed to get your mind, body, and spirit on the same page right now—hello, swimsuit season!—and for the long haul.

Do it... DAILY

Dish out at least one compliment a day to a friend or colleague. **Emphasize non-physical attributes that you admire.** For example, say: "You look happy" or "I love your attitude." This will cause you to consider the personality traits that make you special, too. Plus, getting in the habit of complimenting others will make you more likely to praise yourself.

Do it... WEEKLY

Every seven days, spend some time in front of a mirror. **Focus on a different praiseworthy body part each week.** Say, "I love my arms because they help me carry my kids" or "I love my thighs because they power me through bike rides." The goal? To see the positives in all your physical traits—especially those you sometimes struggle to appreciate.

Do it... MONTHLY

Once a month, comb through photo albums to find a picture taken at a time when you felt completely happy. **Figure out what made you feel so good about yourself:** Was it the location? The activity? The people around you? Frame the photo and display it prominently so you can reclaim your peaceful state of mind—anytime.

Do it... EVERY 6 MONTHS

As with any goal you're trying to achieve, follow-up is key. **Conduct biannual "reviews" during which you list everything you're doing to boost body confidence.** Can't come up with more than three specific examples? That's your cue that it's time to rededicate yourself to those daily and weekly exercises.

Do it... ANNUALLY

Once a year **fly beyond your comfort zone.** Whether you swing from a zip line, don a two-piece, or try a new sport, pushing yourself to do something unsettling is the ultimate payoff for all the hard work you've done. When you embrace your body and achieve a higher degree of confidence, anything is possible.

PHOTOGRAPHY: JUMP FOTO.

EXPERT: SOFIA RYDIN-GREY, ASSISTANT PROFESSOR OF PSYCHIATRY AND BEHAVIORAL SCIENCES AT DUKE UNIVERSITY.

BY BARI NAN COHEN





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You Save
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VitaBrownie

C I O U S ®

Mid Morning

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You Save
100–250 Calories



Apple Berry Bran

Lunchtime Dessert

Chocolate Cake 300–600 Calories | VitaTop 100 Calories

You Save
200–500 Calories

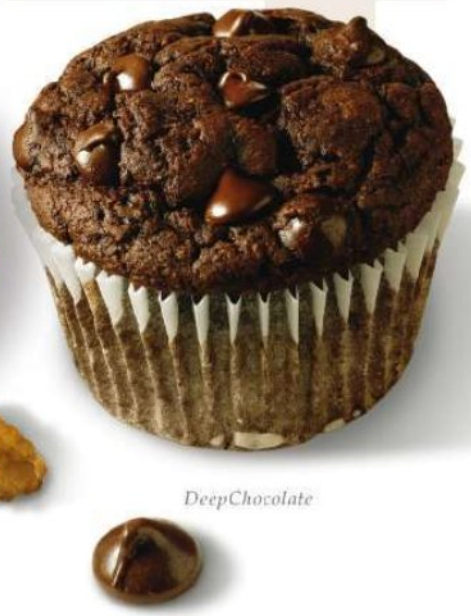


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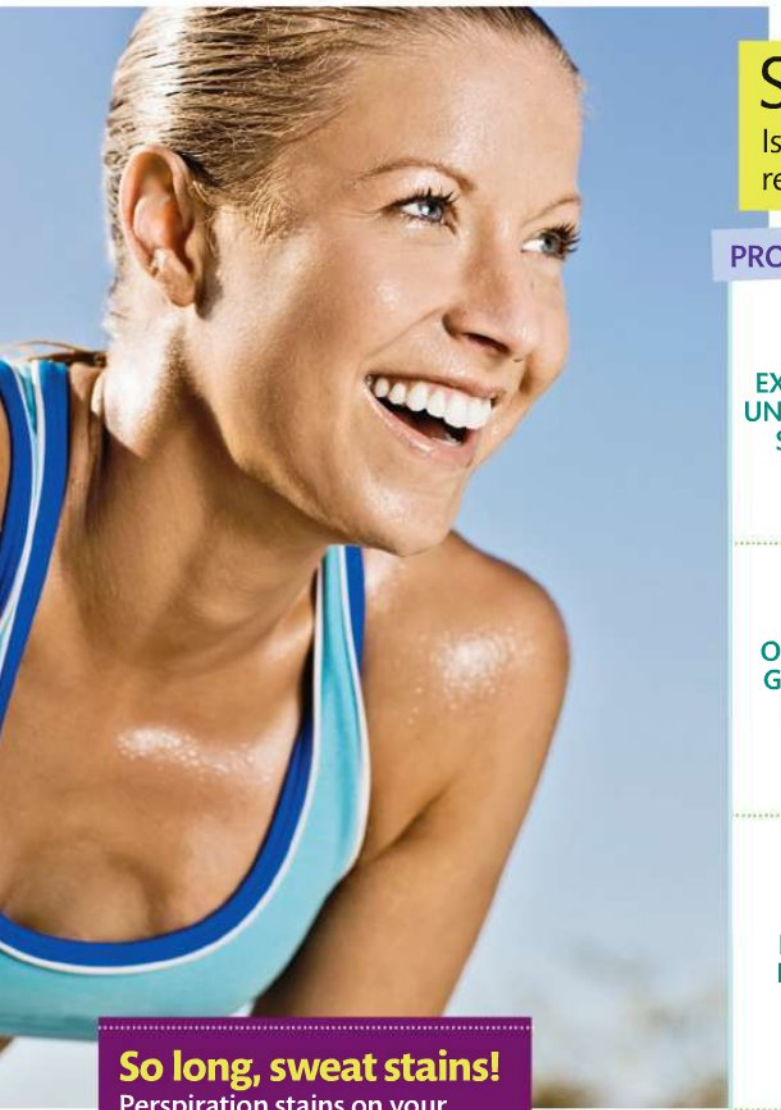
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Summer Bummers



So long, sweat stains!

Perspiration stains on your clothing? Try this no-sweat removal trick: Combine one part water and one part ammonia. Dip an old towel into the solution and dab on to stains. Let stand for 10 minutes; wash as usual.

Solve sticky situations!

Is perspiration a problem? Here, the latest remedies to help you keep your cool.

PROBLEM	CAUSE	REMEDY
EXCESSIVE UNDERARM SWEAT	Most likely your genes	Shave regularly; hair can harbor moisture, which can lead to odor-causing bacteria. Another option? Apply an OTC antiperspirant containing aluminum chloride hexahydrate (ACH); it is known to slow sweat production.
ODOR IN GENITAL AREA	Bacteria mixed with sweat	Try dry-wick underwear—it's similar to moisture-wicking workout wear because it absorbs perspiration, keeps skin dry, and eliminates odor. Look for panties labeled *quick-dry.* Most are made with nylon and spandex and they're sold in sporting goods stores.
HEAT RASH	Perspiring in hot weather	Soaking in an oatmeal bath can soothe the inflammation associated with heat rash. To make your own, use a food processor to grind 1 c instant oats into a fine powder. Add powder to cool running bathwater. Or, buy a ready-made oatmeal bath.
CHAFING	Friction due to skin rubbing against skin or clothing	Losing weight is the best fix because excess skin is the biggest culprit. In the meantime, skip moisture-trapping pantyhose in summer. Also, apply an OTC lubricating gel to skin before heading outdoors to reduce friction between clothes and skin.

EXPERT: DEANNA GLASER, PROFESSOR OF DERMATOLOGY, UNIVERSITY OF ST. LOUIS, AND PRESIDENT, INTERNATIONAL HYPERHIDROSIS SOCIETY.

PHOTOGRAPHY: PATRIK GIARDINO/GETTY IMAGES (WOMAN); VEER (FLOWER WITH BEE).

BY BARI NAN COHEN

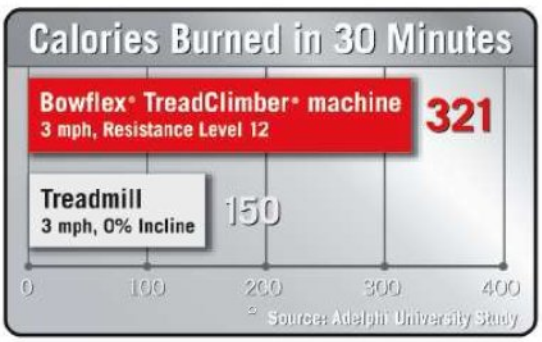
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Send pests packing!

Bees, ticks, and other critters crashing your party? Show 'em the door with these tips. BY AMY CAPETTA

MOSQUITO BITE

PREVENT Moisture- and heat-loving mosquitoes are most active at dawn (when grass is dewy) and just before dusk, so schedule any outdoor activities for late morning or after sunset.

TREAT Make a paste by mixing three parts baking soda and one part water; apply to bites to reduce itching and swelling. (An ice pack will also help.)

BEE STING

PREVENT If a bee lands on you, stay calm and gently blow it off rather than panicking and shooing it away. This is less aggravating to the bee and decreases your chances of being stung.

TREAT Use tweezers or your fingernails to remove the stinger. If you have an allergic reaction, take an antihistamine and call your doctor immediately.

EXPERTS: DR. KENNETH BEER, COSMETIC DERMATOLOGIST AND ASSOCIATE PROFESSOR, UNIVERSITY OF MIAMI; MARGARET LEWIN, M.D., F.A.C.P., CLINICAL ASSISTANT PROFESSOR OF MEDICINE AT WEILL MEDICAL COLLEGE OF CORNELL UNIVERSITY.

—ADVERTISEMENT—

Get Active Guide

SIMPLE SOLUTIONS TO MAKE SURE YOUR FITNESS PLANS DON'T TAKE A BREAK THIS SUMMER.

DRESS CODE Think comfort. Wear light, loose fitting clothes that don't bind or rub. Cotton fabrics are a great choice for summer. They allow your skin to breathe, are soft, and absorb moisture.

NO SWEAT Say goodbye to chafing (which is even more common in the heat) with new Lanacane Anti-Chafing Gel. Just a dab dries quickly and lasts all day for a smooth, silky feel that soothes and prevents painful chafing. And it's sweat-proof too!



HYDRATE Drink water to replenish and revive yourself pre-, during and post- workout. Two glasses one half hour before exercise is a good idea, especially in hot weather when you lose fluids more quickly because of the heat. Have a sports bottle filled with water to sip as you exercise. Staying hydrated will allow your muscles to work at their peak and help you avoid fatigue.

SUNSCREEN Take good care of your skin. Twenty minutes before exercising outdoors, apply a waterproof, broad- spectrum sunscreen with a minumum SPF of 15 to any exposed parts to avoid sunburn and skin damage.

ON VACATION? Seek out fun and active walking tours, guided bike rides, and of course take lots of leisurely strolls to make sure you don't miss out on exercise while away.

BE THE EARLY BIRD An early morning walk is always a peaceful, centering way to start your day. And it's especially smart in summer since temperatures are coolest early in the day so you can work out comfortably. ✷



KRISTIANE VEY/JUMP FOTOAGENTUR

TICK BITE

PREVENT Wear long pants—not shorts—when you walk in wooded areas where ticks abound. (Note: Disease-infested Lyme ticks are found mainly in the woods of the Northeastern United States.)

TREAT Do a full-body check after a hike. Find a tick? Dislodge both its head and body with pointy tweezers. If you develop a rash or fever, let your doc know right away.

JELLYFISH STING

PREVENT Wear protective clothing such as a wet suit or diving skin in the ocean.

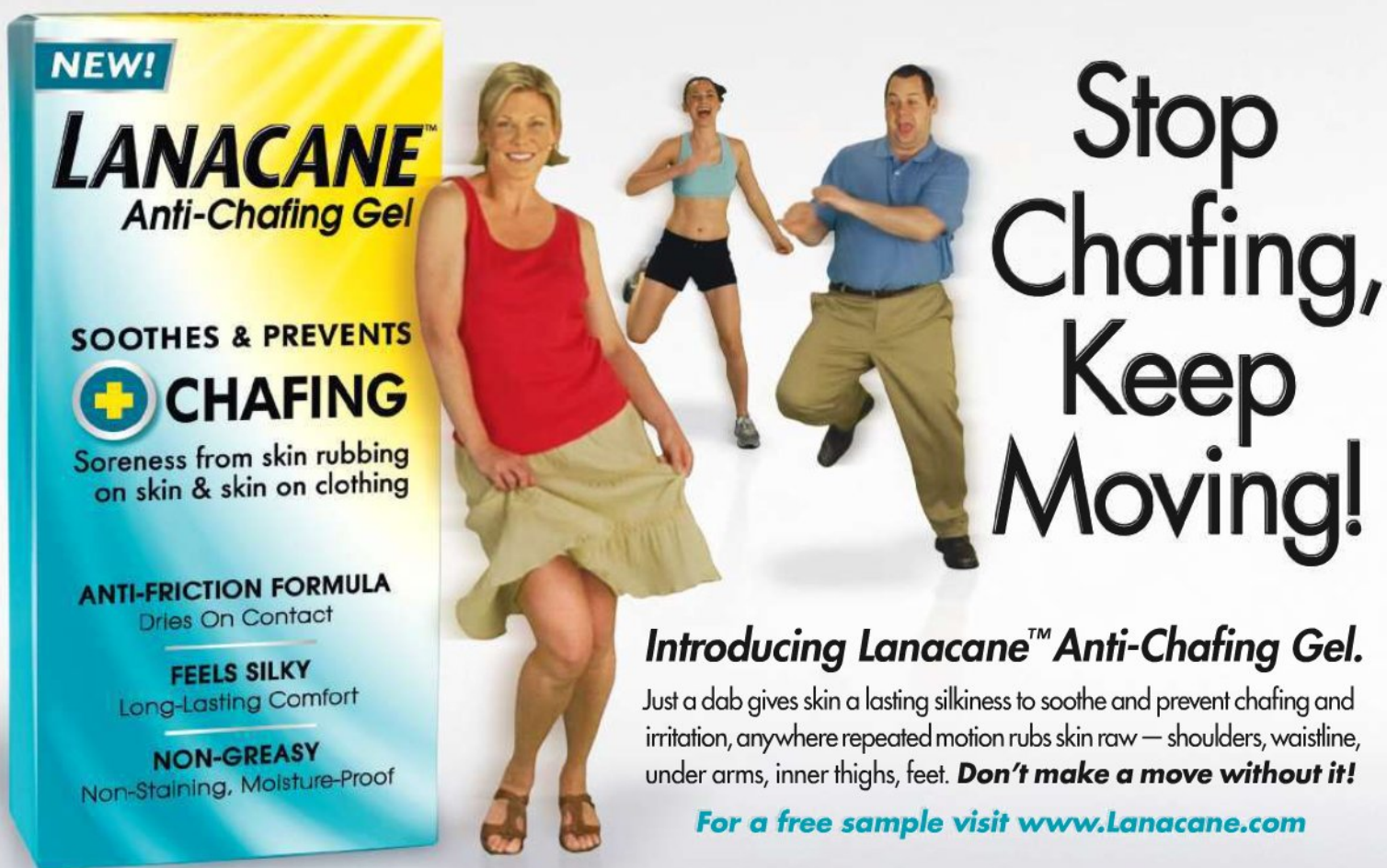
TREAT Don rubber gloves and use tweezers to remove any tentacles from skin. Next, to reduce pain and itching, coat the affected area with shaving cream and use a safety razor to scrape it off; finally, sterilize the wound with apple-cider vinegar or rubbing alcohol.

SKUNK SPRAY

PREVENT Stay quiet and still; the nocturnal creatures spray their noxious oil only when they're threatened.

TREAT While skunk spray won't endanger your health, it could wreak havoc on your social life! If you get caught in the cross fire, shower using a solution of ¼ c baking soda, 1 liter white vinegar, and 1 tsp dishwashing detergent.

Is this issue giving you the summer survival help you need? Tell us at **wwmeditor@weightwatchers.com.**





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For some, it's all about the 100 calories, top and bottom together. For others, the great taste. Everyone agrees Sandwich Thins® rolls are perfect for anything from a light turkey club to a juicy grilled burger. Because each one is made with whole grains and is low in fat, they're just right. All the time. To find us at a store near you, visit sandwichthins.com

Bread Perfected.



Arnold Sandwich Thins®	Calories	Fiber	Fat
	100	5g	1g

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cooking



Perfect Cut

Want to slice a peach for a recipe or snack? Hold the fruit in one hand and a paring knife in the other and slice down to the pit. Make a similar cut ½ inch behind the first one to form a wedge. Flick the knife in the direction of the first cut—the slice will pop out. Repeat until fully sliced.

Choose fragrant peaches with golden background color. Avoid rock-hard or mushy fruit. Flesh should give slightly when gently pressed.

Ripen peaches in a bowl at room temperature and out of direct sunlight (or in a paper bag with the top folded over). Check for ripeness at least once a day.

Peel peaches easily: Cut an *X* on bottom of fruit and place in boiling water for 30 seconds; transfer to ice water until cold. Peel off skin by hand starting at *X*.

PHOTOGRAPHY: IAIN BAGWELL; FOOD STYLING: ADRIENNE ANDERSON; PROP STYLING: PAIGE HICKS; RECIPES: JEAN GALTON.

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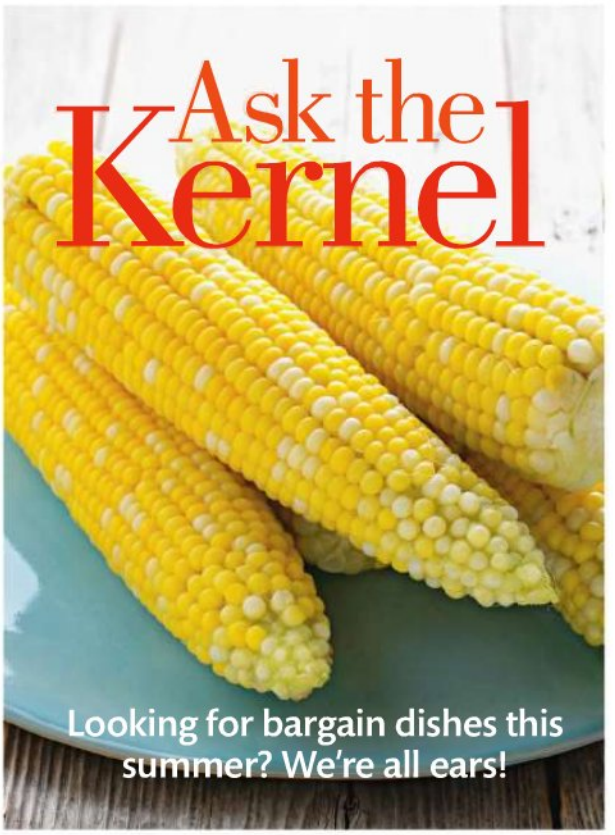
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Ask the Kernel



Looking for bargain dishes this summer? We're all ears!



Fresh Corn Flans



Corn Frittata



Beef-Corn Pita Pockets

PHOTOGRAPHY: IAIN BAGWELL; VEER (CORN).

Fresh Corn Flans I

PREP 15 MIN **COOK/BAKE** 40 MIN **SERVES** 4

3 ears corn on the cob, husked
½ c low-fat (1%) milk
½ c egg substitute
1 tsp kosher salt and ½ tsp black pepper
1 tomato, seeded and diced
2 scallions, thinly sliced
1 Tbsp rice vinegar

1 Preheat oven to 350°F. Steam corn (see "Corn Express," *right*). Rinse until cool. Cut off kernels.
2 Puree 2 c kernels, milk, egg substitute, ½ tsp salt, and ¼ tsp pepper in blender. Divide puree among 4 (6-oz) custard cups; place cups in 9-inch square baking pan. Add enough boiling water to pan to come halfway up sides of cups. Bake just until set in center, 35 minutes.
3 Chill flans until cold, about 3 hours. Salad: Mix tomato, scallions, vinegar, remaining kernels, ½ tsp salt, and ¼ tsp pepper in bowl. Run knife around edges of flans to loosen. Unmold flans and top with salad.

PER SERVING (1 FLAN WITH ½ CUP SALAD): 119 CAL, 1 G FAT, 0 G SAT FAT, 0 G TRANS FAT, 2 MG CHOL, 469 MG SOD, 23 G CARB, 4 G FIB, 7 G PROT, 99 MG CALC. ***POINTS* VALUE: 2.**

CORN EXPRESS

Got extra ears on hand? No need to heat up the kitchen with a big pot of boiling water. Just husk an ear of corn and choose one of our superquick techniques below:

- **Steam** **Put corn in steamer basket; set in saucepan over 1 inch of boiling water. Cover tightly and steam about 3 minutes.**
- **Speed-Boil** **Bring 4 inches of water to boil in large saucepan. Add corn. After water returns to boil, cook 4–5 minutes; drain.**
- **Grill** **Heat grill to medium-high or prepare medium-hot fire. Place corn on grill rack and grill, turning once or twice, until half of kernels turn golden brown, about 5 minutes.**
- **Zap** **Place no more than 4 ears of corn, wrapped individually in damp paper towels, in microwave. Cook on High about 2 minutes per ear.**

Corn Frittata B

PREP 15 MIN **COOK** 15 MIN **SERVES** 6

6 large eggs
⅓ c fat-free milk
2 Tbsp snipped fresh chives
½ tsp salt
¼ tsp black pepper
2 ears corn on the cob, husked and kernels removed
½ c roasted red pepper, drained and sliced

1 Whisk eggs, milk, chives, salt, and black pepper in large bowl until well blended; stir in corn and roasted pepper.
2 Spray medium nonstick skillet with nonstick spray and set over medium heat. Add egg mixture; cover and cook until eggs are set, 15–18 minutes (do not stir).
3 Remove frittata from heat and let cool slightly, about 5 minutes. Cut frittata into 6 wedges. This recipe works with the Simply Filling technique.

PER SERVING (1 WEDGE): 123 CAL, 6 G FAT, 2 G SAT FAT, 0 G TRANS FAT, 212 MG CHOL, 296 MG SOD, 11 G CARB, 1 G FIB, 8 G PROT, 45 MG CALC. ***POINTS* VALUE: 3.**

Beef-Corn Pita Pockets B

PREP 10 MIN **MICROWAVE** 1 MIN **SERVES** 4

2 ears corn on the cob, husked and kernels removed
1 Tbsp water
2 nectarines, diced
¼ c diced red onion
Juice of 1 lime
¼ tsp kosher salt
Pinch black pepper
2 (6-inch) whole wheat pita breads
¾ lb deli-sliced roast beef
2 c shredded romaine lettuce

1 To make relish, combine corn and water in 9-inch microwavable pie plate. Cover with paper towel and microwave on High until corn is crisp-tender, 1–2 minutes.
2 Transfer corn with slotted spoon to medium bowl; stir in nectarines, onion, lime juice, salt, and pepper.
3 Cut each pita crosswise in half to form 2 pockets. Stuff pockets evenly with beef, relish, and lettuce.

PER SERVING (1 POCKET): 292 CAL, 4 G FAT, 1 G SAT FAT, 0 G TRANS FAT, 42 MG CHOL, 1,117 MG SOD, 45 G CARB, 7 G FIB, 23 G PROT, 25 MG CALC. ***POINTS* VALUE: 5.**

For another corn tip, see Notebook, p. 110.

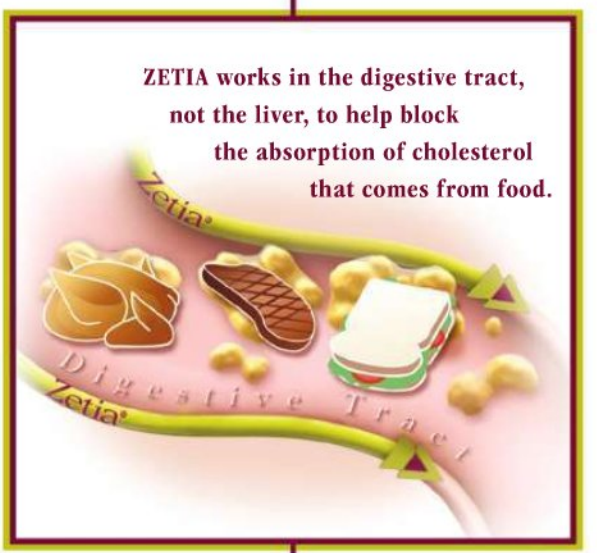
ZETIA Helps Fight Cholesterol Differently.

ZETIA helps lower cholesterol differently. Statins, the most common cholesterol-lowering medicines, are a good option. They work mainly with the liver. ZETIA works in the digestive tract, as do some other cholesterol-lowering medicines.

But ZETIA is unique in the way it helps block the absorption of cholesterol that comes from food.

Unlike some statins, ZETIA has not been shown to prevent heart disease or heart attacks.

A healthy diet and exercise are important, but sometimes they're not enough to get your cholesterol where it needs to be. ZETIA can complement your efforts. When added to a healthy diet, ZETIA can lower bad cholesterol (LDL) by an average of 18%. Individual results may vary.



Important Risk Information About ZETIA: ZETIA is a prescription medicine and should not be taken by people who are allergic to any of its ingredients. If you have ever had liver problems, are nursing or pregnant or may become pregnant, a doctor will decide if ZETIA alone is right for you.

Unexplained muscle pain or weakness could be a sign of a rare but serious side effect and should be reported to your doctor right away. In clinical studies, patients reported few side effects while taking ZETIA. These included diarrhea, joint pains, and tiredness.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the more detailed information about ZETIA on the adjacent page. For more information, call **1-800-98-ZETIA** or visit **zetia.com**.

Zetia®
(ezetimibe) Tablets

A different way to help fight cholesterol

Ask your doctor if ZETIA is right for you.

To find out if you qualify, call 1-800-347-7503.

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ZETIA® (EZETIMIBE) TABLETS
PATIENT INFORMATION ABOUT *ZETIA* (zĕt´-ē-ă)

Generic name: ezetimibe (ĕ-zĕt´-ĕ-mīb)

Read this information carefully before you start taking ZETIA and each time you get more ZETIA. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about ZETIA, ask your doctor. Only your doctor can determine if ZETIA is right for you.

WHAT IS *ZETIA*?

ZETIA is a medicine used to lower levels of total cholesterol and LDL (bad) cholesterol in the blood. ZETIA is for patients who cannot control their cholesterol levels by diet and exercise alone. It can be used by itself or with other medicines to treat high cholesterol. You should stay on a cholesterol-lowering diet while taking this medicine.

ZETIA works to reduce the amount of cholesterol your body absorbs. ZETIA does not help you lose weight. ZETIA has not been shown to prevent heart disease or heart attacks.

For more information about cholesterol, see the "What should I know about high cholesterol?" section that follows.

WHO SHOULD NOT TAKE *ZETIA*?

- Do not take ZETIA if you are allergic to ezetimibe, the active ingredient in ZETIA, or to the inactive ingredients. For a list of inactive ingredients, see the "Inactive ingredients" section that follows.
- If you have active liver disease, do not take ZETIA while taking cholesterol-lowering medicines called statins.
- If you are pregnant or breast-feeding, do not take ZETIA while taking a statin.
- If you are a woman of childbearing age, you should use an effective method of birth control to prevent pregnancy while using ZETIA added to statin therapy.

ZETIA has not been studied in children under age 10.

WHAT SHOULD I TELL MY DOCTOR BEFORE AND WHILE TAKING *ZETIA*?

Tell your doctor about any prescription and non-prescription medicines you are taking or plan to take, including natural or herbal remedies.

Tell your doctor about all your medical conditions including allergies.

Tell your doctor if you:

- ever had liver problems. ZETIA may not be right for you.
- are pregnant or plan to become pregnant. Your doctor will discuss with you whether ZETIA is right for you.
- are breast-feeding. We do not know if ZETIA can pass to your baby through your milk. Your doctor will discuss with you whether ZETIA is right for you.
- experience unexplained muscle pain, tenderness, or weakness.

HOW SHOULD I TAKE *ZETIA*?

- Take ZETIA once a day, with or without food. It may be easier to remember to take your dose if you do it at the same time every day, such as with breakfast, dinner, or at bedtime. If you also take another medicine to reduce your cholesterol, ask your doctor if you can take them at the same time.
- If you forget to take ZETIA, take it as soon as you remember. However, do not take more than one dose of ZETIA a day.
- Continue to follow a cholesterol-lowering diet while taking ZETIA. Ask your doctor if you need diet information.
- Keep taking ZETIA unless your doctor tells you to stop. It is important that you keep taking ZETIA even if you do not feel sick.

See your doctor regularly to check your cholesterol level and to check for side effects. Your doctor may do blood tests to check your liver before you start taking ZETIA with a statin and during treatment.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF *ZETIA*?

In clinical studies patients reported few side effects while taking ZETIA. These included diarrhea, joint pains, and feeling tired.

Patients have experienced severe muscle problems while taking ZETIA, usually when ZETIA was added to a statin drug. If you experience unexplained muscle pain, tenderness, or weakness while taking ZETIA, contact your doctor immediately. You need to do this promptly, because on rare occasions, these muscle problems can be serious, with muscle breakdown resulting in kidney damage.

Additionally, the following side effects have been reported in general use: allergic reactions (which may require treatment right away) including swelling of the face, lips, tongue, and/or throat that may cause difficulty in breathing or swallowing, rash, and hives; raised red rash, sometimes with target-shaped lesions; joint pain; muscle aches; alterations in some laboratory blood tests; liver problems; stomach pain; inflammation of the pancreas; nausea; dizziness; tingling sensation; depression; headache; gallstones; inflammation of the gallbladder.

Tell your doctor if you are having these or any other medical problems while on ZETIA. For a complete list of side effects, ask your doctor or pharmacist.

WHAT SHOULD I KNOW ABOUT HIGH CHOLESTEROL?

Cholesterol is a type of fat found in your blood. Your total cholesterol is made up of LDL and HDL cholesterol.

LDL cholesterol is called "bad" cholesterol because it can build up in the wall of your arteries and form plaque. Over time, plaque build-up can cause a narrowing of the arteries. This narrowing can slow or block blood flow to your heart, brain, and other organs. High LDL cholesterol is a major cause of heart disease and one of the causes for stroke.

HDL cholesterol is called "good" cholesterol because it keeps the bad cholesterol from building up in the arteries.

Triglycerides also are fats found in your blood.

GENERAL INFORMATION ABOUT *ZETIA*

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use ZETIA for a condition for which it was not prescribed. Do not give ZETIA to other people, even if they have the same condition you have. It may harm them.

This summarizes the most important information about ZETIA. If you would like more information, talk with your doctor. You can ask your pharmacist or doctor for information about ZETIA that is written for health professionals.

Inactive ingredients:
Croscarmellose sodium, lactose monohydrate, magnesium stearate, microcrystalline cellulose, povidone, and sodium lauryl sulfate.

Issued July 2009
REV 21

29480885T

Zetia®
(ezetimibe) Tablets

MERCK / Schering-Plough Pharmaceuticals

Manufactured for:
Merck/Schering-Plough Pharmaceuticals
North Wales, PA 19454, USA

20950062(5)(885)-ZET

Everybody Loves Tomatoes!

Whether you crave green, red, or gold, there's still time to savor (and plant) summer's juiciest gems.

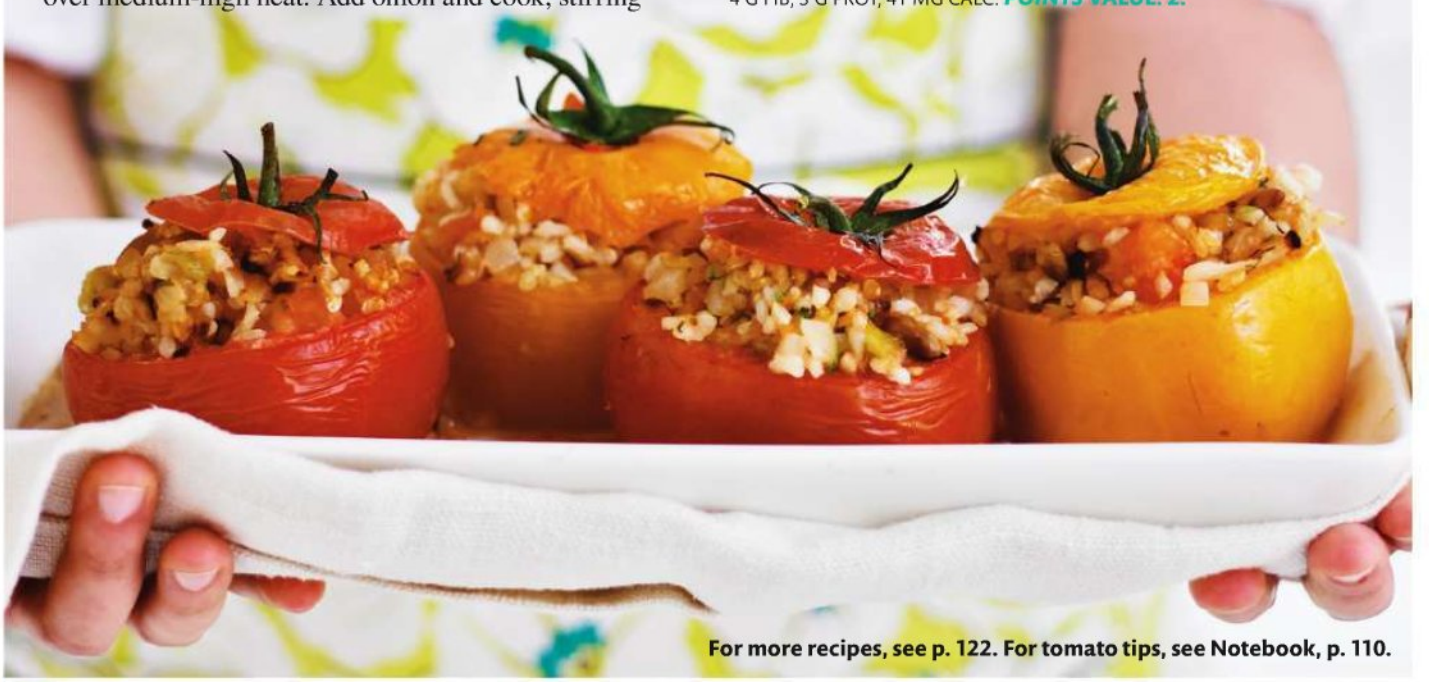
Greek Stuffed Tomatoes I

PREP 20 MIN **COOK/BAKE** 45 MIN **SERVES** 4

4 tomatoes, any-color, tops cut off and reserved
2 tsp extra-virgin olive oil
1 large onion, chopped
1 c cooked brown rice
2 scallions, thinly sliced
1 Tbsp chopped fresh oregano
3 Tbsp chopped fresh dill
1 Tbsp golden raisins
1 Tbsp pine nuts or slivered almonds, toasted
1 garlic clove, minced
¼ tsp dried mint
1 tsp kosher salt
½ tsp black pepper

1 Preheat oven to 400°F. With grapefruit spoon or small knife, scoop out seeds and pulp from each tomato, leaving ¼-inch-thick shell. Puree seeds and pulp in blender or food processor (you should have about 2 c puree); reserve.
2 To make filling, heat oil in large nonstick skillet over medium-high heat. Add onion and cook, stirring occasionally, until softened, about 5 minutes. Stir in rice, scallions, oregano, dill, raisins, pine nuts, garlic, and mint. Remove skillet from heat; stir in 1 c reserved tomato puree, ½ tsp salt, and ¼ tsp pepper.
3 Sprinkle tomato cavities with remaining ½ tsp salt and ¼ tsp pepper. Spoon equal amount of filling (about ½ c) into each tomato shell. Replace reserved tomato tops and transfer tomatoes to 9-inch-square baking dish.
4 Pour remaining 1 c tomato puree around tomatoes. Bake until tomatoes are tender, about 40 minutes. Serve warm or at room temperature.

PER SERVING (1 STUFFED TOMATO WITH ABOUT 2 TBSP PUREE): 138 CAL, 4 G FAT, 1 G SAT FAT, 0 G TRANS FAT, 0 MG CHOL, 409 MG SOD, 23 G CARB, 4 G FIB, 3 G PROT, 41 MG CALC. ***POINTS* VALUE: 2.**



PHOTOGRAPHY: IAIN BAGWELL.

For more recipes, see p. 122. For tomato tips, see Notebook, p. 110.

What do you grow in your garden? Tell us at **wwmfoodeditor@weightwatchers.com.**

Stars on Ice

Discover the freezer-friendly side of summer's best berries.

Blackberry Ice Cream Cones

PREP 15 MIN **COOK** 10 MIN **SERVES** 8

2 c fresh blackberries
½ c sugar
Pinch salt
1 pint fat-free half-and-half
⅓ c fat-free sour cream
¾ c marshmallow cream
8 small plain or sugar ice cream cones

1 Combine blackberries, sugar, and salt in medium saucepan. Mashing and stirring blackberries with fork, cook over medium heat until mixture boils, about 5 minutes. Reduce heat and simmer, stirring occasionally, until blackberries are softened, 6–8 minutes. Let cool slightly, about 5 minutes.
2 Puree blackberry mixture and half-and-half in blender or food processor. Pour mixture through sieve set over bowl, pressing firmly on solids to extract as much liquid as possible; discard solids. Whisk in sour cream (don't worry about lumps; they'll disappear in ice-cream maker). Cover and refrigerate until thoroughly chilled, at least 2 hours or overnight.
3 Whisk marshmallow cream into blackberry mixture. Pour mixture into ice-cream maker and freeze according to manufacturers' instructions. Transfer ice cream to freezer container. Cover and freeze up to 1 month. To serve, let ice cream soften slightly in refrigerator, about 15 minutes. Scoop ½ c ice cream into each cone.

PER SERVING (1 CONE): 153 CAL, 1 G FAT, 1 G SAT FAT, 0 G TRANS FAT, 4 MG CHOL, 150 MG SOD, 33 G CARB, 1 G FIB, 3 G PROT, 82 MG CALC. ***POINTS* VALUE: 3.**

Don't have an ice-cream maker? See p. 128 to make our ice cream without one.



Berry Easy

Raspberries, blueberries, and blackberries are simple to freeze. Here's how:

Spread unwashed raspberries or blueberries on rimmed baking sheet. (Blackberries require rinsing under cold running water. Pat dry, then put on sheet.)

Clear an area in freezer that's large enough to accommodate baking sheet with berries. Freeze berries, uncovered, until solid, at least 3 hours or overnight.

Transfer frozen berries to zip-close plastic freezer bags. Squeeze out air, seal each bag, and then label with the date. Berries can be frozen up to 3 months.

Thaw berries in refrigerator overnight if desired. Just before using, gently rinse thawed (or frozen) berries under cold running water. Drain.

For more recipes, see p. 126. For more berry info, see Notebook, p. 112.

PHOTOGRAPHY: IAIN BAGWELL.

Learn how to keep berries fresh at **weightwatchers.com/berryfresh.**



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Full Size 100% Whole Wheat Bagels	250	9g	61g



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Summer Thai



Even your favorite takeout can't compete with our superfast Pad Thai for two.

Shrimp Pad Thai B

PREP 20 MIN **STIR-FRY** 5 MIN **SERVES** 2

- 3⅓ c water
- 3 oz rice stick noodles
- Juice of 1 lime
- 2 Tbsp sugar
- 1 Tbsp Asian fish sauce
- 2 tsp reduced-sodium soy sauce
- 3 garlic cloves, chopped
- ¼ c fat-free egg substitute
- ½ lb fresh snow peas, trimmed and cut diagonally in half
- ½ lb large cooked shelled and deveined shrimp
- 2 scallions, thinly sliced
- 1 c mung bean sprouts
- 1 c shredded carrots
- 2 lime wedges

1 Boil 3 c water in saucepan. Add noodles; remove from heat. Cover and let stand, stirring once, until noodles are softened, about 15 minutes. Drain, rinsing under cold water until cool.
2 Sauce: Mix ⅓ c water, juice, sugar, and soy and fish sauces.
3 Heat large nonstick skillet over medium-high heat until drop of water sizzles on it. Spray with nonstick spray; add garlic. Stir-fry just until fragrant, about 30 seconds. Add egg substitute and stir-fry until scrambled. Stir in drained noodles, snow peas, and sauce; cook, gently tossing with fork, about 1 minute. Stir in shrimp and scallions; cook, stirring occasionally, just until heated through and snow peas are crisp-tender, about 2 minutes. Top with bean sprouts and carrots. Serve with lime wedges.

PER SERVING (1⅓ CUPS): 438 CAL, 2 G FAT, 0 G SAT FAT, 0 G TRANS FAT, 221 MG CHOL, 1,260 MG SOD, 71 G CARB, 8 G FIB, 35 G PROT, 199 MG CALC. ***POINTS* VALUE: 8.**

PHOTOGRAPHY: IAIN BAGWELL.

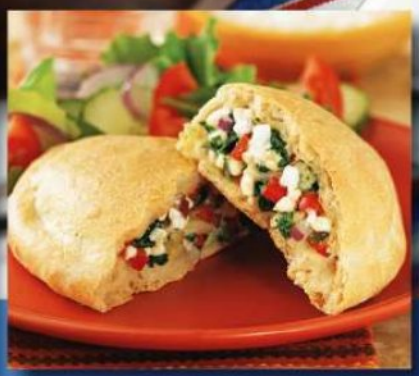
Did you try this recipe or another one in the issue? Share your feedback at **wwmfoodeditor@weightwatchers.com.**

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No added growth hormones*
14 grams of protein per serving



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*Made with milk from cows not treated with the growth hormone rBST. No significant difference has been shown between milk derived from rBST-treated and non-rBST treated cows. © 2010 Daisy Brand

Bring It On

Headed to a potluck? Take your slow-cooker out of hibernation and whip up these summer sides.

Smoky Barbecue Beans B

PREP 15 MIN **SLOW-COOK** 2 HRS **SERVES** 8

- 2 (15-oz) cans low-sodium pinto beans, rinsed and drained
- 1 (15-oz) can low-sodium black beans, rinsed and drained
- 1 large yellow onion, chopped
- ½ c ketchup
- ¼ c packed brown sugar
- ¼ c water
- 3 slices crisp-cooked smoked turkey bacon, crumbled
- 1 Tbsp smoked paprika
- ½ tsp kosher salt
- Pinch cayenne

Combine pinto beans, black beans, onion, ketchup, brown sugar, water, bacon, paprika, salt, and cayenne in 5- or 6-quart slow-cooker. Cover and cook until onion is fork-tender, 2 hours on high or 4 hours on low.

PER SERVING (½ CUP): 216 CAL, 2 G FAT, 1 G SAT FAT, 0 G TRANS FAT, 5 MG CHOL, 388 MG SOD, 39 G CARB, 11 G FIB, 12 G PROT, 71 MG CALC. ***POINTS* VALUE: *4.***

Perfect for Parties!

Tote your slow-cooker to a potluck and serve our tasty hot beans (or your favorite warm dip) straight from the pot. Plus, it's more convenient for you—and your host—to bring home leftovers in the pot. Here, handy tips for traveling with your slow-cooker:

Fasten rubber bands around the handles and lid of the slow-cooker to secure the top.

Put your name or an indentifiable mark (e.g., colored tape) on your slow-cooker because many look alike.

Wrap a towel or newspaper around the slow-cooker to insulate it (or, use an insulated slow-cooker tote).

Put the slow-cooker in a box and place the box in the car's trunk or on the floor in the back of the car to prevent the pot from tipping over.

Serve the dish within an hour. Or, if you aren't eating right away, plug in the slow-cooker, set it on low or warm, and let stand up to 2 hours.



PHOTOGRAPHY: IAIN BAGWELL.

For another recipe, see p. 130. For more slow-cooker tips, see p. 112.



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For these recipes, visit splenda.com

imagine life sweeter®



Oh, Honey!

Pick up a jar of liquid gold and transform your favorite summer sweets—naturally.

Honey-Plum Muffins B

PREP 10 MIN **BAKE** 20 MIN **SERVES** 12

1 c all-purpose flour
¾ c whole wheat flour
2 Tbsp sugar
2 tsp ground coriander
1½ tsp baking soda
½ tsp baking powder
¼ tsp salt
¾ lb plums, diced
1¼ c low-fat buttermilk
¼ c fat-free egg substitute
4 Tbsp dark honey
2 Tbsp canola oil

1 Preheat oven to 375°F. Line 1 (12-c) or 2 (6-c) muffin pans with paper or foil liners.
2 Combine all-purpose flour, whole wheat flour, sugar, coriander, baking soda, baking powder, and salt in large bowl.
3 Reserve ⅓ c plums. Whisk buttermilk, egg substitute, 3 Tbsp honey, and oil in small bowl; stir in remaining plums. Stir buttermilk mixture into flour mixture just until flour mixture is moistened.
4 Fill muffin cups evenly with batter; top evenly with reserved plums. Bake until toothpick inserted into center of a muffin comes out clean, about 20 minutes. Let cool in pan 5 minutes. Remove muffins from pan, brush tops with remaining 1 Tbsp honey, and let cool completely on rack.

PER SERVING (1 MUFFIN): 139 CAL, 3 G FAT, 0 G SAT FAT, 0 G TRANS FAT, 1 MG CHOL, 264 MG SOD, 26 G CARB, 2 G FIB, 4 G PROT, 58 MG CALC. ***POINTS VALUE: 3.***

IN THE KITCHEN For more finely textured muffins, prepare the recipe using 1¾ c whole wheat pastry flour, now available in many supermarkets.

A Different Kind of Sweet

What's most important when choosing honey as a sweetener for baked goods? Let color be your guide: The darker the honey, the stronger and more robust the flavor. Dark honey is a great pick for sweetening breads or muffins. Lighter honey is more delicate, so it's suitable for cakes and creamy desserts or drizzling over fresh fruit.

Is honey healthier than sugar? Yes—and no. Like sugar, honey contains calories, so it should be used sparingly. However, because honey is denser and sweeter than sugar, you can use less and still get great taste. And, unlike sugar, honey is minimally processed and provides vitamins and minerals—even antioxidants.

PHOTOGRAPHY: IAIN BAGWELL.



New

Dark Chocolate
Raspberry Bar

2 POINTS VALUE
Per Bar

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WeightWatchers®

Stop Dieting. Start Living.

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25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A serving of Silk Vanilla supplies 6.25 grams of soy protein.

Pour on the power to help support your heart.

Silk is made from one of Nature's Perfect Proteins to fortify your body, and delivers a smooth vanilla taste that keeps you deliciously satisfied.

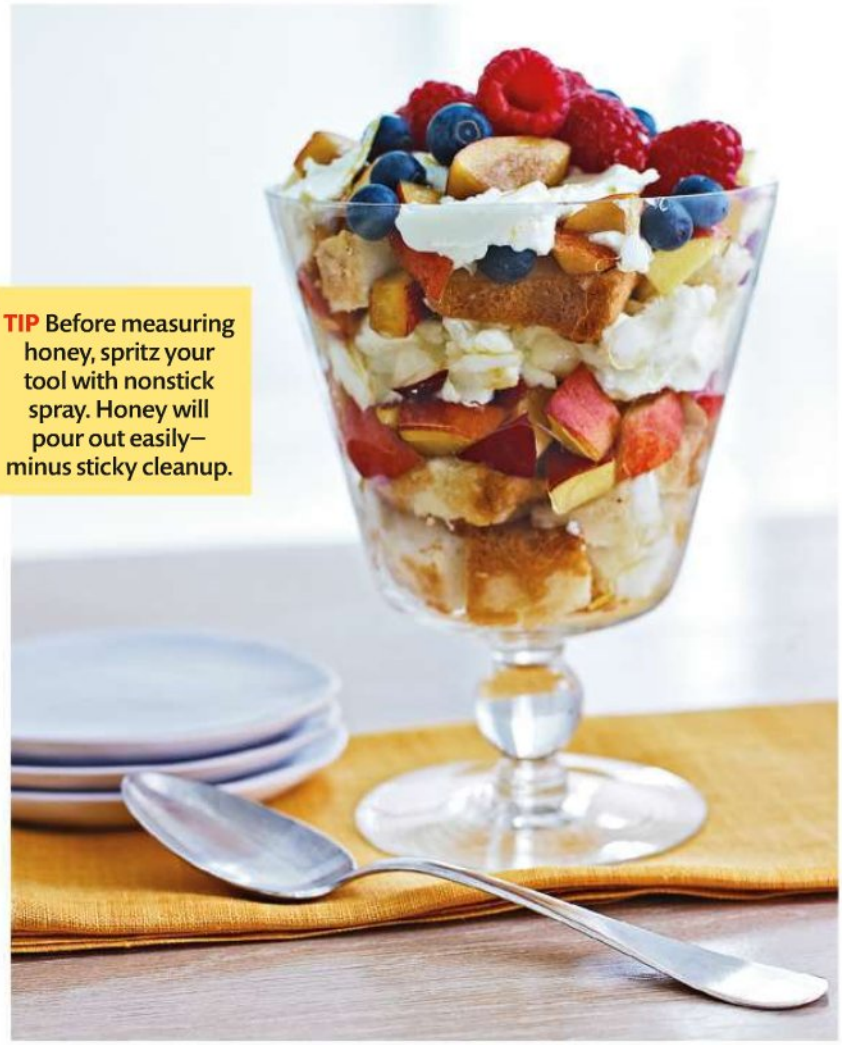
Silk® Strength in Every Pour™

Also available in Chocolate and Original



Green caps for a greener world.

We're all about health – for you and for our planet. To get involved and learn more, look for the green-capped carton and visit us at SilkSoymilk.com



TIP Before measuring honey, spritz your tool with nonstick spray. Honey will pour out easily—minus sticky cleanup.

Summer Trifle B

PREP 25 MIN **COOK** NONE **SERVES** 6

4 large ripe nectarines, pitted and diced
3 Tbsp sugar
¾ c part-skim ricotta cheese
Grated zest of ½ lemon
1 (6-oz) wedge angel food cake, cut into ¾-inch cubes
3 Tbsp light honey
1 (6-oz) container fresh raspberries
½ c fresh blueberries

1 Combine nectarines and sugar in medium bowl; toss to coat. Let stand until juice is released, about 10 minutes.
2 Meanwhile, mix ricotta and lemon zest in small bowl.
3 Place half of cake cubes in tall glass serving dish; top with half of nectarines and juice. Spoon 6 Tbsp ricotta mixture over nectarines, then drizzle with 1 Tbsp honey. Repeat with remaining cake, nectarines, and ricotta mixture. Drizzle top with 1 Tbsp honey. Sprinkle trifle with raspberries and blueberries; drizzle with remaining 1 Tbsp honey.

PER SERVING (1 CUP): 240 CAL, 3 G FAT, 2 G SAT FAT, 0 G TRANS FAT, 10 MG CHOL, 252 MG SOD, 49 G CARB, 4 G FIB, 7 G PROT, 101 MG CALC. ***POINTS* VALUE: 4.**

IN THE KITCHEN If preparing the trifle ahead, cover the dish with plastic wrap and refrigerate up to 24 hours.

For more recipes, see p. 130. For more honey tips, see Notebook, p 112.

Nature's Perfect Protein
100% WHOLE HARVESTED

Silk is made from one of Nature's Perfect Proteins – powerful proteins that are rich in essential amino acids your body needs to stay strong.

With one sip, you can taste what's different about Silk. We take extra care to select only the best beans, grown without genetic engineering right here in North America. And unlike other soymilks made from chemically extracted soy protein, we use only whole harvested soybeans to ensure that every glass of Silk is perfectly nutritious – and smoothly delicious.



Silk
Strength in Every Pour™

Very Cool

Grill, zap, or barely cook at all—our single-serving recipes are custom-made for superhot days.

CHOOSE A BREAKFAST

MUG SCRAMBLE Mix ½ c egg substitute and 2 Tbsp milk in 12-oz microwavable mug sprayed with nonstick spray. Microwave on High just until set, 1½ minutes, stirring after 45 seconds. Stir in 2 Tbsp shredded fat-free Cheddar. MAKES ⅔ CUP. ***POINTS* VALUE: 4.**



BANANA-CHIP YOGURT Mash ½ banana in small bowl with fork; stir in ¼ c plain fat-free yogurt until blended. Top with 2 Tbsp bran flakes cereal and ½ Tbsp semisweet chocolate chips. MAKES ⅔ CUP. ***POINTS* VALUE: 2.**

CHERRY OATMEAL Bring ¾ c water, 1 Tbsp dried cherries, 1 Tbsp honey, and pinch cinnamon to boil in pan. Stir in ⅓ c quick-cooking oats; return to boil. Reduce heat and simmer 1 minute. MAKES 1 CUP. ***POINTS* VALUE: 3.**

CHOOSE A LUNCH

BASIL-CHICKEN WRAP Spread 1 whole wheat tortilla with 1 Tbsp fat-free mayonnaise. Top with ½ c torn romaine lettuce, ¼ c fresh basil leaves, ⅔ c sliced cooked chicken breast, and ¼ c chopped tomato; roll up. MAKES 1 WRAP. ***POINTS* VALUE: 4.**

TURKEY TOSS Heat grill. Rub 1 (¼-lb) turkey cutlet with ⅛ tsp cayenne; spray with nonstick spray. Grill 3 minutes per side. Slice and toss with 2 c lettuce, ¼ c diced celery, and 2 Tbsp low-calorie blue cheese dressing. MAKES 2 CUPS. ***POINTS* VALUE: 5.**

PEACH SALAD Heat grill. Spray 1 halved peach with nonstick spray. Grill 2–3 minutes per side. Cool and slice. Toss with 1½ c baby arugula, ¼ c low-fat goat cheese, 1 Tbsp sliced almonds, ½ Tbsp olive oil, and 1 tsp vinegar. MAKES 1¾ CUPS. ***POINTS* VALUE: 5.**



CHOOSE A DINNER



BLT SALAD Mix 2 tsp olive oil, 1 tsp vinegar, and ½ tsp mustard in bowl. Add 1½ c shredded iceberg lettuce, ½ c cherry tomatoes, ½ c sliced mushrooms, 3 slices crumbled cooked turkey bacon, and 1 sliced scallion; toss to mix. MAKES 2½ CUPS. ***POINTS* VALUE: 5.**

RANCH STEAK Heat grill. Mix 1 Tbsp low-calorie ranch dressing and 2 Tbsp diced cucumber. Rub 1 (¼-lb) filet mignon with ½ tsp garlic-pepper seasoning; grill 3–4 minutes per side. Top with dressing. MAKES 1 STEAK. ***POINTS* VALUE: 5.**

GREEK CRAB SALAD Mix 3 oz canned crabmeat, 1½ c cut-up romaine lettuce, ¼ c diced tomato, ¼ c crumbled low-fat feta, 3 pitted olives, 1½ Tbsp low-fat vinaigrette, and 1 Tbsp diced red onion in bowl. MAKES 2 CUPS. ***POINTS* VALUE: 4.**

CHOOSE A SNACK

TUNA BITES Cut 1 English cucumber into 1-inch rounds. Scoop out centers with spoon to form shells. Mix 1 drained (3-oz) can water-packed tuna, 1 Tbsp low-fat mayonnaise, and 1 chopped scallion in cup. Spoon into shells. MAKES 6-7 BITES. ***POINTS* VALUE: 3.**

BERRY SALSA Coarsely mash 1 (6-oz) container fresh raspberries. Add 1 Tbsp chopped red onion, 1 Tbsp chopped fresh cilantro, ½ tsp minced jalapeño, and ¼ tsp cumin. Serve with 12 low-fat tortilla chips. MAKES 1 CUP WITH CHIPS. ***POINTS* VALUE: 3.**



MELON FRAPPÉ Puree 1 c cubed cantaloupe and 1 tsp chopped crystallized ginger in blender. Add ⅔ c fat-free milk, ¼ c plain fat-free yogurt, 2 ice cubes, and ½ Tbsp honey and puree. MAKES 2 CUPS. ***POINTS* VALUE: 3.**

PHOTOGRAPHY: IAIN BAGWELL (MUFFINS, PAD THAI, CAKE); ROMULO YANES (BURGER).

You know it's going to be a good day when you

start smart.





NEW! Weight Watchers® Smart Ones® Ham & Cheese Scramble – fluffy scrambled egg whites and ham on a bed of roasted potatoes topped with creamy reduced-fat cheese. For a ***POINTS***® value of just 5 per serving, it's going to be a deliciously smart day!

SAVE $4.00 at www.eatyourbest.com/wwmag

5 POINTS VALUE

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fit

Get in the game!

"Soccer moms" have taken to the fields: According to the National Sporting Goods Association, 1.8 million adult women in the U.S. are playing recreational soccer. That's good news because a study from the University of Copenhagen suggests that women who play or incorporate soccer-inspired moves into their workouts can boost their bone and heart health.

Keep it casual. Research shows that even slow-paced, informal soccer games (with just four to six people) deliver health benefits.

Add speed bursts to your regular workout: Soccer enhances heart function because it requires frequent starting and stopping.

Kick it! Just a few kicks per week with a soccer ball can improve balance and tone your core; alternate legs to get the benefits on both sides.

PHOTOGRAPHY: LAURENCE MONNERET/GETTY IMAGES.

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JELL-O



10 calories. So yum.

ENDORSED BY Weight Watchers 0 POINTS VALUE Per Serving*



SAVE $1.00

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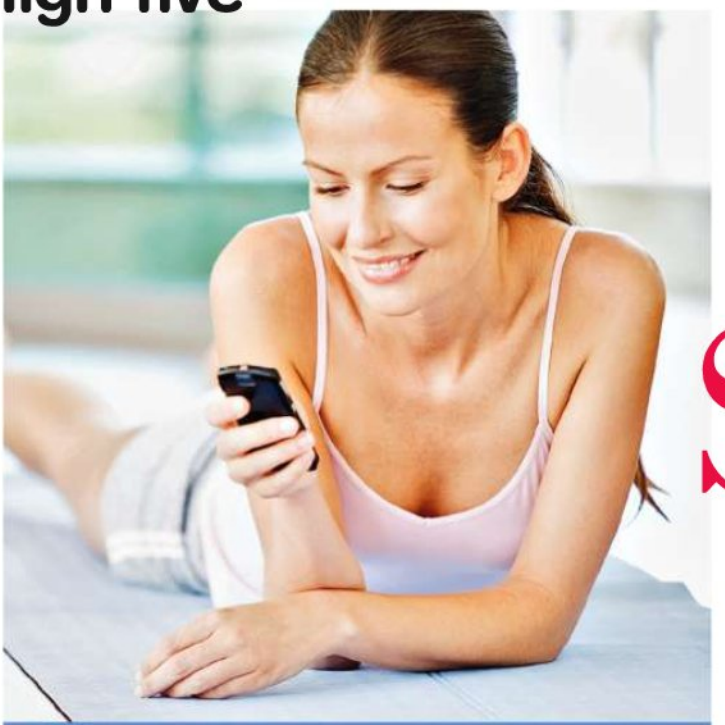
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Tech Support

Recharge your workout battery—and get better results—with a little high-tech help.

1 Use your network

Enlist social networking sites (e.g., Facebook) to help you keep fitness resolutions. By posting a goal (such as "out walking!") on your profile, you'll be more likely to do what you say you will. "Posting a goal commits us to act because we don't want to fail in front of friends," says James H. Fowler, author of *Connected: The Surprising Power of Our Social Networks* (2009). Use networks in which you have friends you see often for virtual *and* face-to-face accountability.

2 Swap Playlists

Getting bored with your exercise tunes? **Try trading workout playlists with a friend.** You may discover that perfect anthem that motivates you to kick your routine up a notch.

3 Text 4 fitness

Researchers at the University of California, at Davis, found that **daily text reminders make people nearly twice as likely to do any task.** Study author April Armstrong, M.D., says the findings apply to any good-for-you activity, like following a workout routine. Ask a friend to send you a daily text to check on your fitness progress—or send one to yourself.

4 Walk the Web

The American Discovery Trail winds 5,048 miles from Delaware to California—a bit much for most people to tackle. But now you can travel the trail virtually. Record your local daily walks (in minutes, steps, or miles), log your stats on about.com's "Webwalking USA" page, and then follow your virtual progress on the trail graph.

5 Create an e-calendar

Round up your most active friends and **create a shared Google calendar** at google.com/calendar. Your crew can insert their favorite fitness activities. Seeing your buddies' workouts can inspire you to join in or set the stage for future fitness challenges.

Ready to commit to daily activity? Join the Weight Watchers 30-Minute Challenge (invite friends too!) at weightwatchers.com/30minutes. Then log on to track your progress.

PHOTOGRAPHY: JUPITERIMAGES (WOMAN); GETTY IMAGES (MAP).

BY WENDY TOTH

SUMMERTIME

snackiness.



Fruit Dip

Servings: About 12
(Makes: 23 tbsp.)
Serving Size: 2 tbsp.

1 POINTS VALUE
Per Serving

1	**8 oz. bar Weight Watchers® Reduced Fat Cream Cheese Spread** (room temperature)
1/4 cup	Marshmallow fluff
3 tbsp.	Sugar-free seedless raspberry preserves

Combine all ingredients. Blend thoroughly.
Serve with fresh fruit.

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New



Find more information at WeightWatchers.com/cheese

Ideal for recipes!

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Great Arms!

So long, sleeves! Follow our easy recipe and bare those arms.



THE INGREDIENTS

5-lb. medicine ball | Resistance band | 8-lb. dumbbells

WORKOUT SCHEDULE 15 MIN, 3 TIMES PER WEEK

DIRECTIONS **Complete all 3 moves, relax for 2 minutes, repeat entire routine again.**

MOVE 1 Stand with feet shoulder-width apart. Hold medicine ball with both hands in front of thighs. Keeping arms straight, swing ball above head. Bend arms and lower ball behind head. Return to starting position. Repeat 10 times. **TARGET** Shoulders

MOVE 2 Stand with one foot in front of the other, about 2-feet apart; place front foot on center of resistance band. Holding a handle in each hand next to hips, palms facing in, extend arms out behind you; then return to starting position. Repeat 10 times. **TARGET** Triceps

MOVE 3 Stand with feet hip-width apart. Hold a dumbbell in each hand, arms bent at 90-degree angles, palms facing up. Keeping arms close to body, curl forearms to shoulders; lower arms to starting position. Repeat 10 times. **TARGET** Biceps

YIELDS Stronger, leaner arms in 4 weeks.

ACTIVITY *POINTS* VALUES: 1
(BASED ON A 150-LB. WOMAN)

PHOTOGRAPHY: JUMP FOTO.

For details on where to buy these fitness tools, see Shop Guide, p. 131.

BY JESSICA WOZINSKY

Bio-Oil
PO Box 51210
Irvine, CA 926629-1210

August 10, 2008

Dear Bio-Oil

I live in Massachusetts, and the weather last winter was trying for the delicate skin on my face. During the winter I developed a small patch of dryness on my forehead and I tried everything to relieve it. I had facials where they used expensive face creams and oils. At home, I tried gels and many name brand lotions, but nothing worked. After I saw an ad for Bio-Oil in a magazine, I figured I'd give it a try, and see if it would help with my dry skin.

In only a week, I've noticed a difference. My face and body is soft and silky. The patch of dryness on my face is almost gone. And Bio-Oil has helped with a few scars on my leg too. The scars appear less visible. But the best thing is that the oil isn't greasy, it absorbs into my skin so that I don't have to worry about my clothes getting all oily. Anyway, this is a great product, and I've told my friends.

Thanks

Crystal Dawn

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Bio-Oil® is a specialist skincare product formulated to help improve the appearance of scars, stretch marks and uneven skin tone. Its unique formulation, which contains the breakthrough ingredient PurCellin Oil™, is also highly effective for aging and dehydrated skin. Bio-Oil absorbs quickly and leaves no oily residue. It is suitable for all skin types and should be applied twice daily. Bio-Oil is available at drugstores and selected retailers from $11.99 (2fl.oz.) and $19.99 (4.2fl.oz.). Individual results may vary. For more information ask your pharmacist or visit bio-oil.com.

No.1

THE NO.1 SELLING SCAR AND STRETCH MARK PRODUCT IN ENGLAND *(IRI, 2009)* CANADA *(Nielsen, 2009)* NETHERLANDS *(Nielsen, 2009)* AUSTRALIA *(Nielsen, 2008)* SOUTH AFRICA *(Nielsen, 2009)* MALAYSIA *(Nielsen, 2009)* NEW ZEALAND *(Synovate Aztec, 2008)*
Full references at bio-oil.com



UNION SWISS | SUCCESSFULLY TREATING SKIN SINCE 1954

Hit the Pool



If you're looking for a way to freshen up your fitness routine this summer, we've got the fix: Swimming! It requires minimal equipment and practically anyone can do it. Even if you haven't been in a pool since you were a kid, you can be swimming laps in no time. Here, we help you brush up on the essentials so you can get started.

Step 1 Breathe easy

Proper breathing is the most important skill when it comes to swimming. Here's how to perfect your technique:

Start on dry land Before you get in the pool, practice inhaling through your mouth and exhaling through your nose. Continue practicing until you feel at ease and then try it in the water. Stand in place, bend forward, and practice breathing without swimming: Take in a breath through your mouth while your face is out of the water; then exhale by blowing bubbles into the water.

Pick a side Choose whichever side (left or right) feels more natural to tilt your head for the inhale. Take a breath every three strokes; this will ensure that your face is tilted to the same side during each breath.

Make it work Don't raise your head too high when you tilt it to inhale—only one goggle should rise above the water. Your mouth should just clear the surface, so that you get a big breath of air and don't swallow any water. This may require a bit of practice—even the best swimmers occasionally swallow a mouthful of water while taking a breath.

WANT A SHORTCUT? If you're having a hard time with breathing, try using a snorkel. It will help you to focus on your stroke until you're ready to tackle breathing. Look for the Adult Swimmer's Snorkel by Finis ($39.99).

Step 2 Learn pool rules

Swimming laps can seem intimidating because of the pool etiquette involved. What you need to know:

CHOOSE THE CORRECT LANE Swim in a lane with others who move at the same pace as you. Not sure? Describe your swimming ability to a lifeguard and ask her to place you.

SHARE YOUR SPACE If only two swimmers are sharing a lane, each person takes a side (a black line on the bottom of the pool divides each lane). If three or more swimmers are in a lane, they move in a circular pattern: Swimmers go up one side of the lane and down the opposite side, one behind the other.

PASS OR PULL OVER If the person behind you is swimming faster than you, stop and let her go ahead when you get to the wall. If the person in front of you is slowing you down, gently tap her on the toe. Once she gets to the wall, she will stop to let you pass.

PHOTOGRAPHY: DANN TARDIFF/CORBIS.

BY KAREN ASP

New

1 POINTS VALUE

Per Cake
Lemon
Crème Cake



FRUITFUL

yumminess.

New

1 POINTS VALUE

Per Bar
Strawberry
Smoothie Bar

New

1 POINTS VALUE

Per Serving
Apple Pie
a la Mode
Yogurt











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To learn more about Weight Watchers® products, go to WeightWatchers.com/sensiblefoods

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The BEST nutrition. Just Got Better.

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- **Vitamin B12**...with 75% more than regular eggs.
- **Vitamin D**...with 4x more than regular eggs.
- **Vitamin E**...with 10x more than regular eggs.

Eggland's Best is now a good source of:

- **Vitamin A**...with over 50% more than regular eggs.
- **Vitamin B2 (Riboflavin)** ...supplying 15% of the recommended Daily Value.
- **Folate**...supplying 10% of the recommended Daily Value.

PLUS:

- **15% more Omega 3 fatty acids than before** ...over 3x more Omega 3 than regular eggs.
- **25% less saturated fat** ...than regular eggs.

And Always:

- **Great, farm-fresh taste**

Step 3 Dive in!

The freestyle technique (which used to be known as the crawl) is the easiest stroke to learn and the one most people tend to do naturally on their own.



COUNT YOUR STROKES

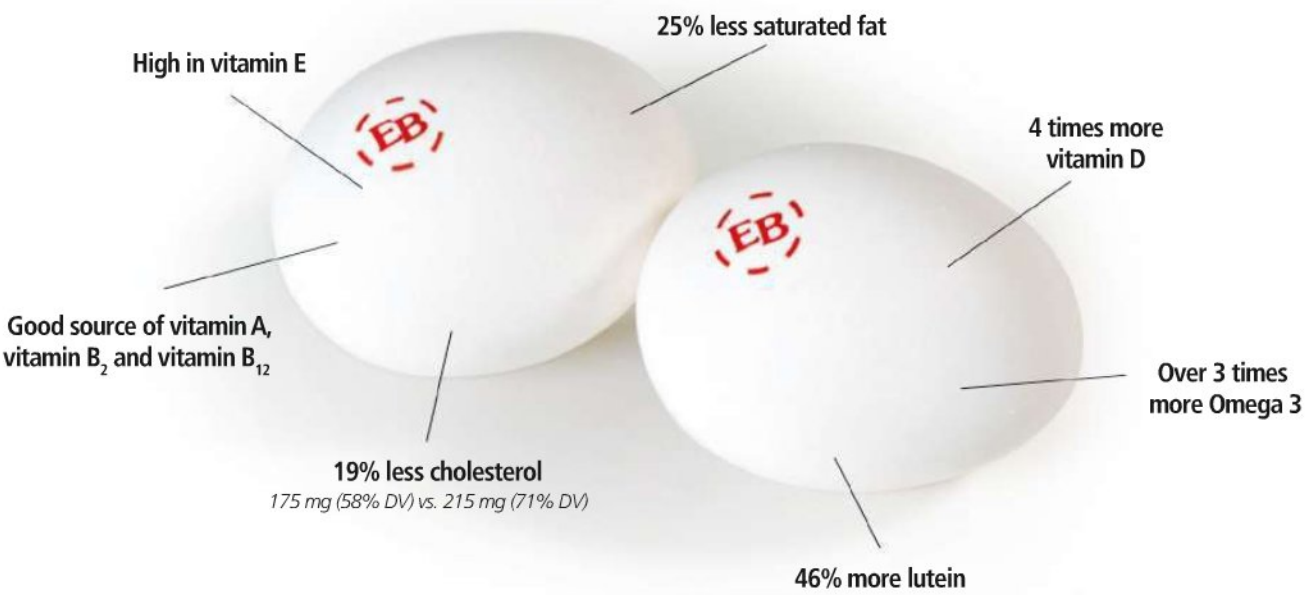
You will go faster by taking long, smooth strokes instead of taking many quick, short strokes. The best swimmers almost look lazy—like they're barely working— because they seem to be gliding through the water. TRY THIS Count how many strokes it takes for you to get from one end of the pool to the other. Strive to get down to 12 to 16 strokes per 25-yard lap. As you swim, try to stretch out your body, which naturally decreases the number of strokes you take.

Did this story inspire you to get back in the pool? Let us know at **wwmeditor@weightwatchers.com.**

PHOTOGRAPHY: DAVID MADISON/GETTY IMAGES.

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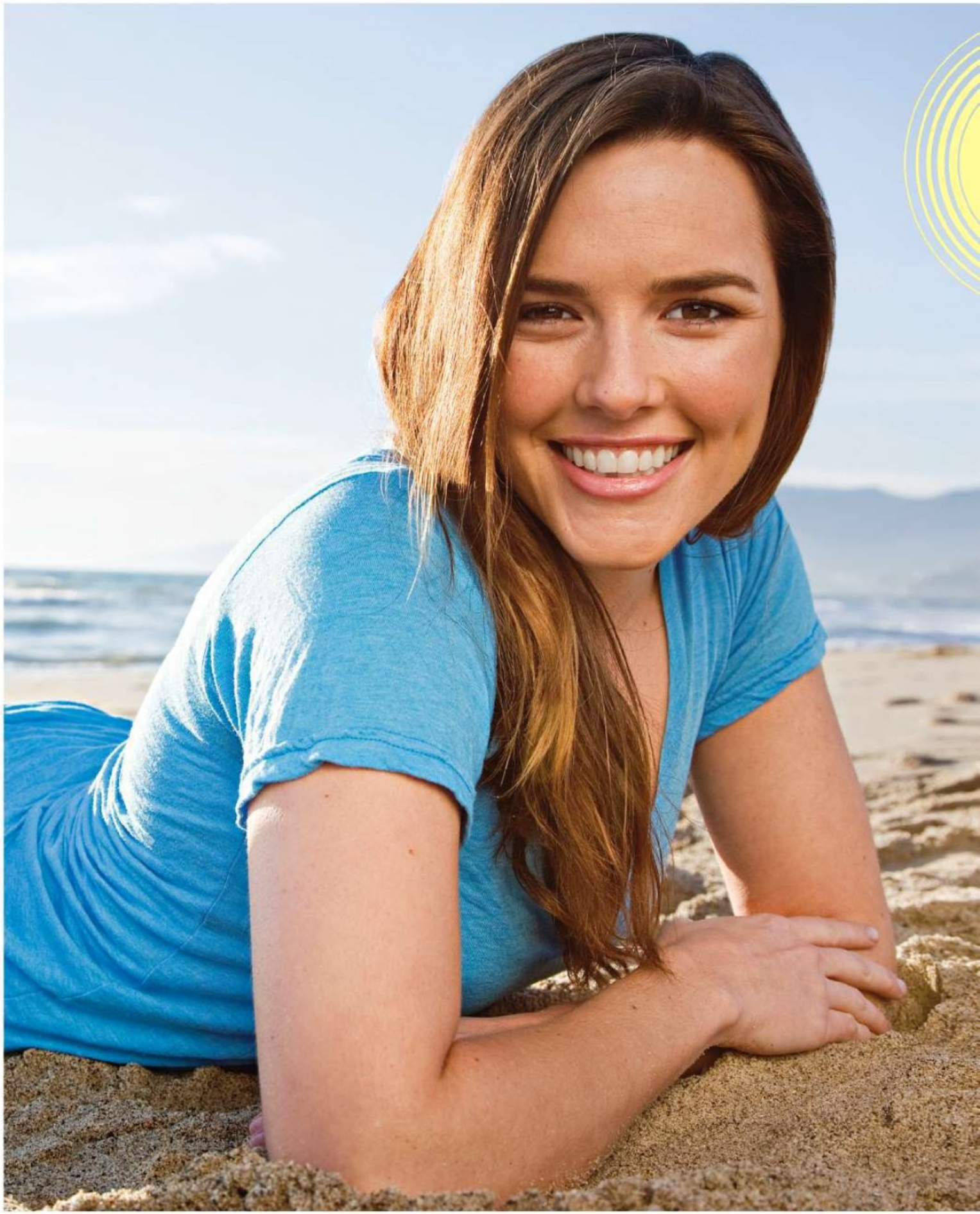
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Take your back summer!

We help you pare down your priorities so you can focus on what matters most this season—family, friends, and downtime.

BY ROBERTA CAPLOE AND ELIZABETH JENKINS

1 Schedule do-nothing time.

Vow to make *no plans* for one weekend of each summer month.
No travel.
No weddings.
No entertaining.
No commitments.

2 Extend the day.

Get to work an hour earlier, so you can leave an hour early. Use the extra daylight to go biking, play Frisbee, or take the dog for a long walk.

3 "Forget" to wear a watch.

Going watchless will help get you in a summer state of mind; you'll be amazed at how much more slowly time passes when you're not looking at your wrist every five minutes. Too overbooked to attempt this on a weekday? Break free on a Saturday or Sunday.

Take back your Summer!

4 "Fake" clean.

Save time by downsizing your cleaning routine to just the essentials (and things houseguests may notice): Change bathroom towels and bedroom pillowcases; empty wastebaskets; and open windows to let fresh air in (and odors out).

5 Stock up on 'block.

The shelf life of most sunscreens is only one year, so date your bottles and tubes with a marker. Also, check drugstore circulars for sales on your favorite brands. This year, try sprays—they're faster to apply than lotions and won't leave hands sticky.

6 Practice resistance.

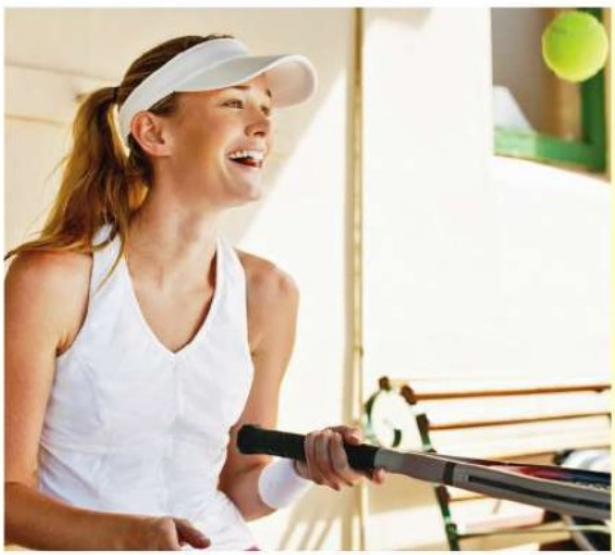
One must-have, goes-everywhere piece of workout gear? A resistance band. It stows easily in a beach bag, backpack, or overnight case. Most bands are color-coded according to tension level, so bring along at least three—light, medium, and heavy—because various muscle groups require different resistance levels.

7 Mix drinks.

The next time you host a party, prepare pitchers of fruity sangria in advance and store them in the fridge. You'll spend less time mixing cocktails and more time mixing with friends.



8 Got leftover wine? Pour the extra into ice-cube trays, freeze, and add to seltzer for an easy, low-cal cocktail.



9 Serve it up!

Summer is no time to be holed up at the gym. If your facility allows it, put your membership on hold for a few months and invest the money—and time outdoors—in tennis or golf lessons, or a pool membership.

10 Give gifts.

Stock up on gourmet condiments like mustards, vinegars, jams, and chutneys when you find them on sale. The next time you need a hostess gift, you'll be prepared. Wrap goodies with summery grosgrain ribbon and gift away!

11 Get centered.

Beautify your table in a flash with pots of fresh herbs. Try cilantro, mint, lavender, and rosemary for a dramatic (and fragrant) arrangement.

OUR SUMMER SIMPLIFICATION TEAM CARMINDY ACOSTA, MAKEUP ARTIST, TLC'S *WHAT NOT TO WEAR*; MANDY AFTEL, FOUNDER, AFTELIER PERFUMES; JENNA HIPP, NAIL STYLIST; KATHY KAEHLER, CELEBRITY TRAINER; DEBI LILLY, EVENT PLANNER; JULIE MORGENSTERN, PROFESSIONAL ORGANIZER; LULU POWERS, CATERER; JIMMY SCHMIDT, HEAD CHEF, MORGAN'S IN THE DESERT, LA QUINTA RESORT & SPA; MICHELLE SEGAR, PH.D., PSYCHOLOGIST, UNIVERSITY OF MICHIGAN; SHANNON WILSON, HAIRSTYLIST, SALON 210.

PHOTOGRAPHY: CHRIS FANNING (WOMAN, PREVIOUS PAGE); DYLAN ELLIS; JAMIE GRILL/GETTY IMAGES (TENNIS PLAYER, GARDEN HOSE, WOMAN IN HAMMOCK & PITCHER).

12 Shorten mani time.

Buff nails at home for a shiny, natural finish without polish. Or, splurge on a new "long wear" gel manicure available at many salons for about $40; the color lasts more than three weeks. Bonus: It requires minimal drying time, because the polish sets under a quick-dry light.

13 Avoid eye sting.

Before you go out for a walk or jog in warm weather, rub lip balm over each eyebrow. It will keep sweat (and sunscreen) out of your eyes.

14 Be book smart.

If you finish a book on your outbound flight, don't lug it around for the rest of your trip; airport booksellers such as The Paradies Shops (theparadiesshops.com) allow you to return your read and get a discount on a new one.

15 Try a frittata.

Whip up this more upscale cousin to the standard omelet in a jiffy, using egg whites, low-fat cheese, and veggies. Add a side of turkey sausage for a filling breakfast. Need a recipe? Check out p 74.



18 Blow off blow-drys.

Embrace "air-drying" this summer—it's better for hair and a huge time-saver. To get "beachy" waves, towel-dry wet hair and apply leave-in conditioner. Let hair dry for a few minutes. Finish with a curl-enhancing spray; scrunch and twist locks into two-inch sections.

16 Store your perfume in the fridge for an instant refresher. Spritz on before heading outdoors. Cool!



17 Be good to your feet.

Buy summer shoes—especially strappy sandals—in a half size larger than usual to accommodate warm-weather swelling and prevent blisters. Need a fix for swollen feet? Go outside and fill a large metal tub with cool water from your garden hose. Add lemon slices. Pull up a lawn chair and soak.

19 Pack a cooler.

That insulated six-pack beverage cooler you use for picnics has a smart secondary use for vacations: Fill it with trial-size toiletries (moisturizer, soap, shampoo, etc.). After you reach your destination, empty the cooler and use it to tote a water bottle and healthy snacks.

20 Watch the sunset.

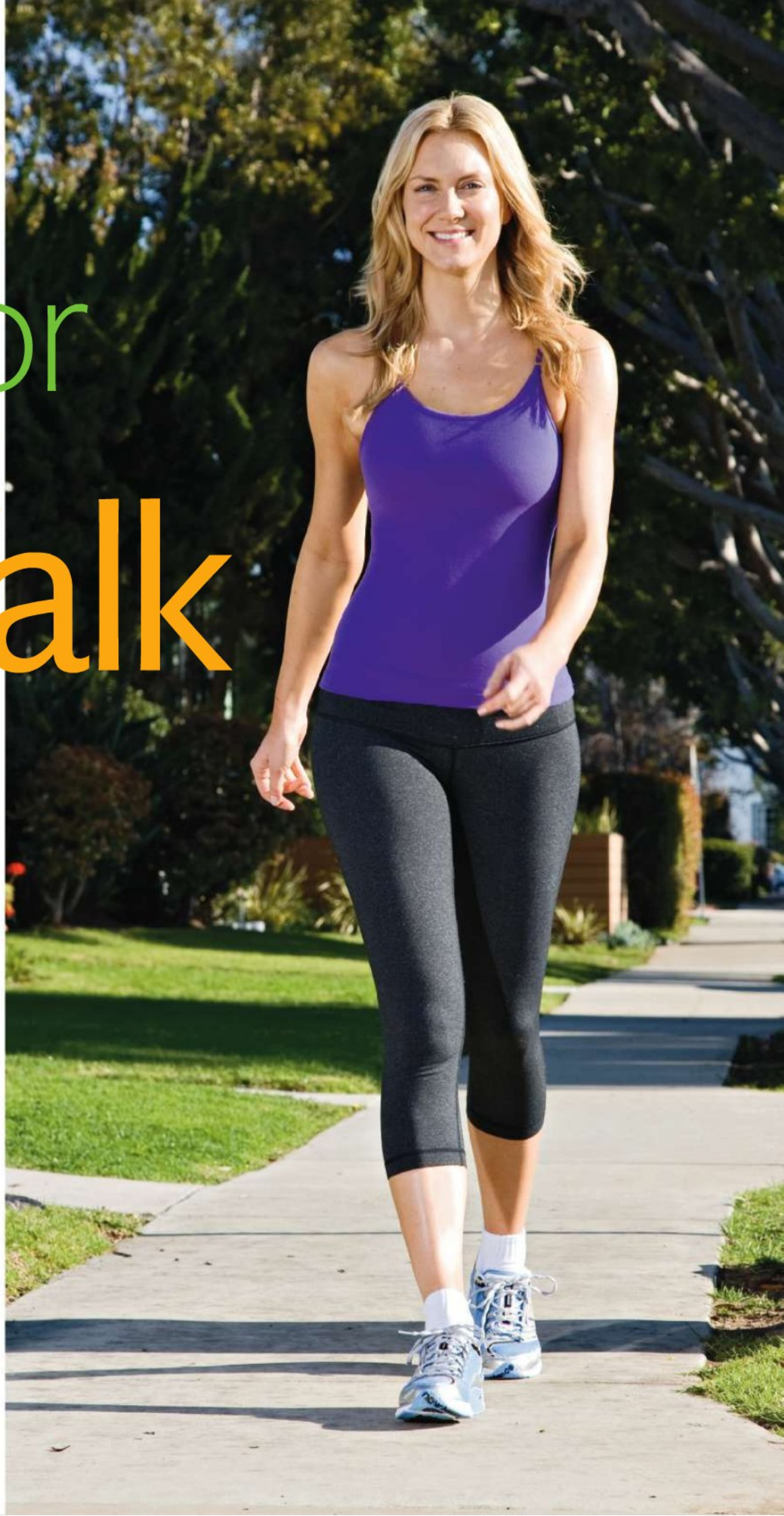
Forget prime-time reruns; instead, walk outside and settle in for nature's finest performance: a sunset. Whether you choose to view it from your front steps, a beach blanket, or a chair in your backyard, all seats are free!

Take back your Summer!

Savor Your Walk

Embrace summer's laid-back pace by shaking up your routine. Take a break from the treadmill or your weekly visit to the track. Instead, integrate your treks into some favorite summer activities to make getting exercise convenient, fun, and stress-relieving!

BY NATALIE GINGERICH





at a botanical garden

Taking a walk in a nearby park or botanical garden forces you to slow down and notice your environment, making your walk more peaceful and enjoyable. Scientists agree: **Walking in natural surroundings has been shown to relieve stress more than walking through city streets,** according to research from the University of Michigan. To reap the most benefit, use all your senses, not just your sight. Listen to the sounds of birds, and smell the flowers or dewy grass. Leave your iPod at home and tune in to your surroundings—and your own thoughts—instead.

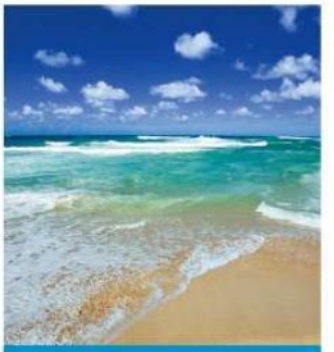
FYI Because the landscape is constantly changing, you'll never walk the same path twice in a botanical garden. Before you go, call or check online to find out if there are regular walking groups that meet at the garden.



at the zoo

Where else can you find miles of walking paths and get a front-row seat to wildlife antics? Hitting the zoo is an activity that the entire family can appreciate. **Plus, walking in a new environment has been shown to boost memory and creativity, so your brain will get a workout, too.** Bring a notepad and jot down the interesting things you learn along the way; ask your kids to do the same. On the way home, break out the notepads and share.

FYI Zoo walking has become so popular that many facilities, like the Louisville Zoo in Kentucky, open their doors to walkers in the morning before the grounds are officially open. Call and ask whether your local zoo has a similar walking program. If not, schedule your outing for the morning so you can dodge the crowds.



at the beach

Walking barefoot on the beach may be the ultimate simple walk. The scenic views make you feel calm, and the **beach breezes have been shown to boost levels of the feel-good hormone serotonin, which helps you feel more relaxed and less anxious.** Just grab the kids or your spouse and head out on a seashell hunt, suggests Jessica Smith, star of the *10 Minute Solution: Ultimate Boot Camp* DVD ($15, amazon.com). "Walking through wet sand is a great toning workout; all of the bending and squatting is great for your legs and glutes," Smith says.

FYI Ditching your shoes forces the muscles in your feet and calves to work harder—and leaves you free to hop in and out of the water easily.



on vacation

You booked a trip to get away, so plan to see the sites on foot. In fact, **walking through a new city has been shown to make visitors feel more connected to it.** Remember: The best places to walk might not be listed in the guidebooks. Ask your hotel concierge to recommend walking tours or scenic neighborhoods. Also, before you book your room, log on to walkscore.com and type in your hotel's address. You'll get a rating based on how many shops and restaurants are within walking distance. Choose accommodations that will provide the most walking opportunities. Plus, you'll save money on cab or train fare.

FYI For the most authentic view of any city, exploring on foot trumps a tour bus.

NOT LEAVING HOME? **Google "walking" and your city name to get new info on local walking paths and routes.**

NOT ENOUGH STRUCTURE FOR YOU? **If you're not convinced that you'll get a challenging-enough workout from these walks, wear a pedometer. When you see how much mileage you can rack up during a summer outing, you may feel better about forgoing a structured workout.**

For smart ideas on how to get a great walk at your local park, check out **weightwatchers.com/parkvisit.**

PHOTOGRAPHY: CHRIS FANNING (WOMAN WALKING); RON EVANS, ALLAN BAXTER/GETTY IMAGES (GARDEN, FLAMINGOS, BEACH); CORBIS (WOMAN AT FOUNTAIN).

Take back your Summer!

Master the Art of Grilling

If fabulous new flavors and challenging techniques are what you seek, class is in session!

BY CAROL PRAGER • PHOTOGRAPHY BY ROMULO YANES



Sweet and Spicy Pork Tenderloin
p. 115

PHOTOGRAPHY



Beyond the Basics

To help you take your BBQ skills up a notch, we asked Elizabeth Karmel, executive chef of New York City's Hill Country barbecue restaurant, for advice.

LESSON 1 **Prep the grill** with high heat on one side and lower heat on the other (called a two-level fire). This technique works for everything from fish to roasts, and it prevents food from burning. (For details, see p. 115.)

LESSON 2 **Always close the lid**—even for quick-grilling foods like steaks and veggies. Closing the cover keeps the grill rack hotter, which gives your food those professional-looking grill marks.

LESSON 3 **Let the meat rest** a few minutes before serving. This allows the internal juices to redistribute throughout the food, so it stays moist.

FOOD STYLING: PAUL GRIMES; PROP STYLING: MARY-ELLEN WEINRIB; RECIPES: FRANK P. MELODIA. PROP CREDITS SEE SHOP GUIDE, PAGE TK.

Does your grill need a tune up? Visit **weightwatchers.com/grillmaster** and learn how to get yours ready for summer.

Ace Kebabs

Looking to upgrade your BBQ repertoire beyond the plain old burger? Think kebabs!

Use small, inexpensive bamboo skewers to create customized mini-kebabs. To keep skewers from burning, soak them in water for 30 minutes before assembling kebabs.

Select 1- to 1½-inch chunks of meat, fish, and veggies. Use foods that are sturdy enough to thread on a skewer (e.g., steak, fresh tuna, tempeh, onion, or bell pepper).

Alternate threading meat and vegetables on the skewers. To avoid unevenly cooked pieces, allow about ¼ inch of space between the chunks.



Glazed Beef Kebabs, p. 114



Must-Have Tool

If you buy only one new BBQ gadget this summer, make it a digital thermometer. The thin cord on this device snakes out of the grill and attaches to a digital console that displays the temperature reading. The console beeps when your food is done, so you can grill without ever having to lift the lid—resulting in more evenly cooked, juicier food.

OUR PICK THERMOWORKS ORIGINAL COOKING THERMOMETER/TIMER, $19, THERMOWORKS.COM

Lamb Chops with Summer Chutney, p. 114

For more recipes, see p. 114. For more grilling tips, see Notebook, p. 110.

notebook



P. 106

Get Fired Up

Planning to grill our recipes the old-school way (on a charcoal BBQ)? Before you light up, choose your style:

	HARDWOOD	VS	BRIQUETTES
WHAT IT IS	Wood chunks in their natural state that come in a variety of shapes and sizes.		Ground charcoal that's compressed into uniform briquette shapes.
TYPE OF FIRE	Burns hotter and faster than briquettes; may require greater attention.		Provides a long-burning fire and consistent level of heat.
BEST FOR	Searing and grilling quick-cooking foods like burgers and chicken breasts.		Grilling whole chicken, roasts, and large quantities of food over indirect heat.

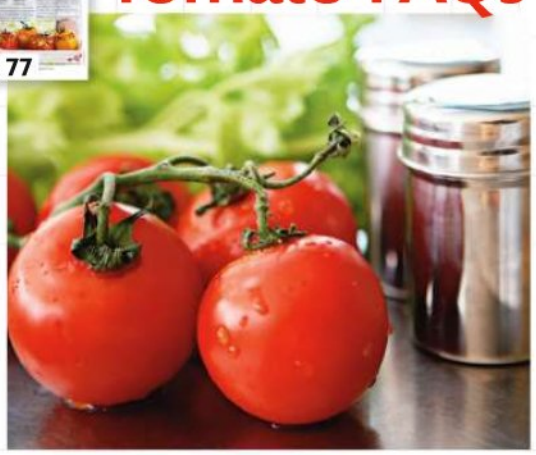
Ready to make our tasty corn dishes, p. 73? This handy tool slices kernels off the cob effortlessly. Easier and safer than a knife, the blade cleanly removes up to four rows at a time.

CORN ZIPPER, $12, FACTORYDIRECT2YOU.COM




P. 77

Tomato FAQs



Q How can I grow the sweetest, most flavorful tomatoes?
A Make sure your tomato plants get full sun for at least 8 hours a day. They will have better flavor than plants grown in partial shade.

Q Do container tomatoes need special care?
A Since there is less room for their roots to spread, tomatoes grown in containers require more frequent watering and feeding than those grown in the ground. For best results, choose a container, pot, or hanging basket that's at least 16 inches deep and wide.

Q Is it necessary to prune tomatoes?
A In cooler climates, where it might not get warm enough for tomatoes to ripen, prune plants to let in maximum sun. In warmer climates, minimal pruning is required. It's important to retain enough foliage to shade the fruit and prevent the skin from getting sunburned.

PHOTOGRAPHY: VEER (WOMAN & TOMATOES).

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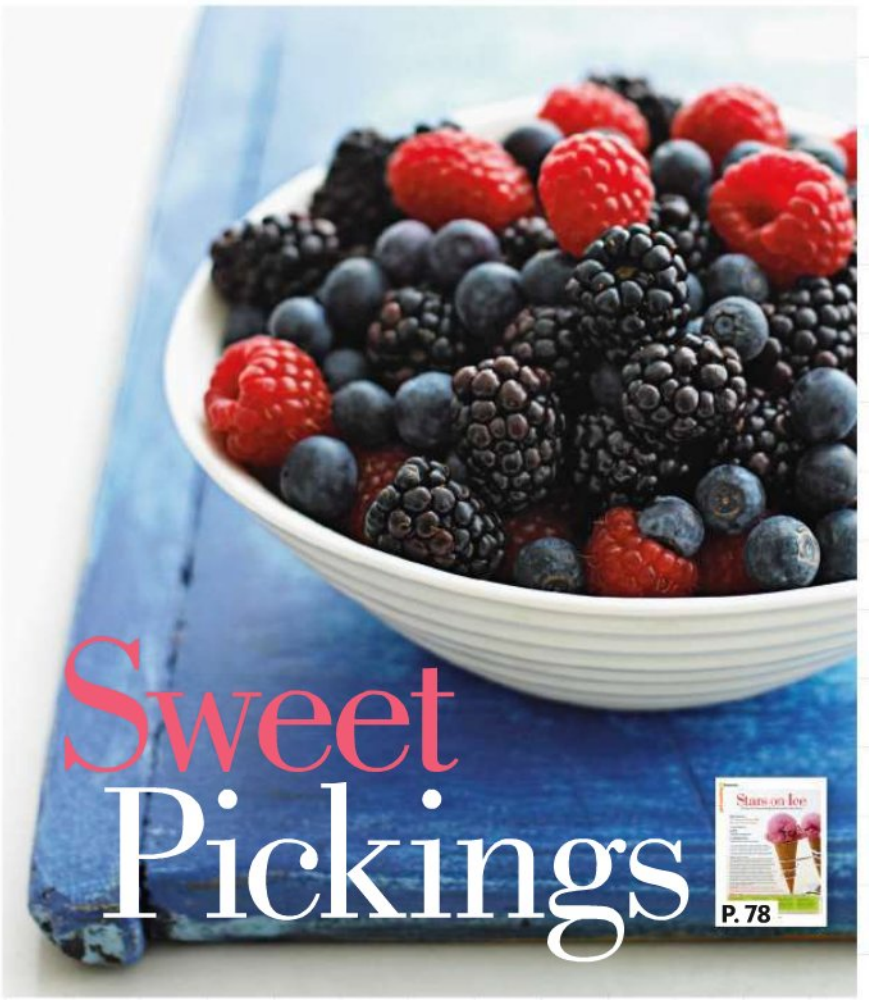
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Sweet Pickings

P. 78

Before you make our freezer-friendly recipes, you'll want to select the very best summer berries. Here's what to look for:

✻ Blackberries

Choose deep, evenly colored berries with a nice sheen. Blackberries should be plump and dry, with no dents or bruises. Colors can range from deep blue-purple to deep purple-black. Blackberries are often two-tone (this does not affect ripeness or taste).

✻ Blueberries

Select dry, plump, round berries that don't have any dents or bruises. Look for a soft, hazy white coating, called bloom, on the skin. This is naturally found in blueberries and helps protect them from the harsh rays of the sun. Avoid berries that are shriveled or lack bloom.

✻ Raspberries

Look for plump, evenly colored red or golden raspberries that have a soft, hazy gloss. Berries should be free of dents and bruises. Raspberries have tiny, natural hairs called styles, which don't affect their ripeness or their flavor.

SLOWLY SUMMER

P. 82

If our potluck fare inspires you to slow-cook your favorite veggies this summer, keep these simple rules in mind:

Hard veggies
(beets, carrots, baby potatoes)
Add at beginning of the cooking time. If the dish has meat, put veggies at the bottom of the slow-cooker and then place meat on top, so everything will be done at the same time.

Soft veggies
(corn kernels, zucchini, bell peppers, green beans)
Add toward end of the cooking time (30 to 45 minutes on low should be sufficient). That way, veggies won't overcook.

Tender veggies
(Swiss chard, spinach, tomatoes)
Add right at end of the cooking time to guarantee that their fresh flavor shines through.



P. 84

HONEY FIX Itching to try our desserts, but you're stuck with a jar of crystallized honey? Transfer the honey to a microwavable container. Microwave on High, stirring every 30 seconds, until crystals dissolve, taking care not to boil or scorch the honey.

PHOTOGRAPHY: IAIN BAGWELL (BERRIES); BRYAN MULLENNIX/JUPITERIMAGES (PRODUCE).

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recipes

MASTER THE ART OF GRILLING

Glazed Beef Kebabs I

PREP 25 MIN **GRILL** 10 MIN **SERVES** 4

¼ c fig (large pieces chopped), peach, or apricot preserves
3 Tbsp water
1 Tbsp balsamic vinegar
1½ tsp chopped fresh rosemary or ¾ tsp dried
1 tsp extra-virgin olive oil
1 (1-lb) top sirloin steak, trimmed and cut into 16 (1-inch) cubes
16 fresh bay leaves
1 medium red onion, cut through root end into 16 wedges
2 any-color bell peppers, each cut into 8 (1-inch) pieces
½ tsp kosher salt
½ tsp black pepper

1 Preheat grill to medium-high or prepare medium-hot fire.
2 Meanwhile, soak 4 (12-inch) wooden skewers in water 30 minutes.
3 To make glaze, mix preserves, water, vinegar, rosemary, and oil in bowl.
4 Alternately thread beef, bay leaves, onions, and bell peppers onto skewers; sprinkle evenly with salt and pepper. Spray both sides of kebabs with nonstick spray. Place kebabs on grill rack and grill 10–12 minutes, turning and basting with glaze every 2–3 minutes, until vegetables are tender and beef is medium-rare.

PER SERVING (1 KEBAB): 261 CAL, 6 G FAT, 2 G SAT FAT, 0 G TRANS FAT, 73 MG CHOL, 241 MG SOD, 20 G CARB, 1 G FIB, 31 G PROT, 23 MG CALC.
***POINTS* VALUE: 6.**

IN THE KITCHEN If you can't find fresh bay leaves, soak 16 dried bay leaves in water until softened, about 30 minutes.



Lamb Chops with Summer Chutney

Lamb Chops with Summer Chutney B

PREP 40 MIN **COOK/GRILL** 15 MIN **SERVES** 6

1 Tbsp + 1 tsp extra-virgin olive oil
½ medium red onion, chopped
2 garlic cloves, finely chopped
2 tomatoes, chopped
½ orange bell pepper, diced
¼ tsp salt
¼ tsp black pepper
2 Tbsp finely chopped fresh mint
Juice of 1 lime
¼ tsp crushed red pepper
6 (5-oz) bone-in lamb rib chops, ¾-inch thick, trimmed

1 To make chutney, heat oil in medium nonstick skillet over medium heat. Add onion and garlic; cook, stirring frequently, until softened, about 2 minutes. Add tomatoes, bell pepper, salt, and black pepper; cook, stirring frequently, until bell pepper is crisp-tender, about 3 minutes. Transfer to small bowl; stir in mint, lime juice, and crushed red pepper.
2 Preheat grill to medium or prepare medium fire.
3 Spray both sides of each chop with nonstick spray. Place lamb on grill rack and grill until instant-read thermometer inserted into side of chop registers 145°F for medium, about 4½ minutes per side.

PHOTOGRAPHY: IAIN BAGWELL.

Have a question about any of our recipes? E-mail our Food Editor at **wwmfoodeditor@weightwatchers.com**

Serve with chutney. This recipe works with the Simply Filling technique.

PER SERVING (1 LAMB CHOP WITH ⅓ CUP CHUTNEY): 155 CAL, 10 G FAT, 3 G SAT FAT, 0 G TRANS FAT, 42 MG CHOL, 141 MG SOD, 4 G CARB, 1 G FIB, 13 G PROT, 22 MG CALC. ***POINTS* VALUE: 4.**

FILLING EXTRA Serve these succulent chops with 1½ lbs steamed red and white baby potatoes and up the per-serving ***POINTS*** value by ***2***.

Smoked Brisket with Green Sauce A

PREP 40 MIN **GRILL** 3 HRS **SERVES** 8

1 (2-lb) beef brisket, trimmed
1 onion, finely chopped
3 garlic cloves, finely chopped
1 tsp coarsely ground black pepper
½ tsp sugar
½ tsp cayenne
GREEN SAUCE
¾ c packed fresh flat-leaf parsley leaves
¾ c packed fresh cilantro sprigs
¼ c water
¼ c white-wine vinegar
2 scallions, coarsely chopped
1 Tbsp extra-virgin olive oil
2 garlic cloves
2 serrano peppers, seeded
¾ tsp kosher salt

1 With small, sharp knife, pierce brisket at 2-inch intervals, making 1-inch-deep slits. Combine onion, garlic, black pepper, sugar, and cayenne in small bowl. Push mixture into slits, and rub any extra over brisket. Wrap brisket in double layer of heavy-duty foil and refrigerate overnight.
2 Preheat grill using indirect method to low or prepare low fire (see "Choose Your Method," right). Place foil-wrapped brisket on grill rack. Cover and grill 2 hours (if using charcoal grill, add about 5 burning briquettes to each side of grill every hour).
3 Meanwhile, make green sauce: Put all ingredients in food processor or blender and puree. Transfer to small bowl. Cover and refrigerate until flavors are blended, at least 2 hours.
4 With long, sturdy tongs, remove foil-wrapped brisket from grill. Holding packet over bowl, drain any juices.

Choose Your Method Do you crave the flavor of a perfectly seared steak or yearn to smoke a whole chicken? Then you need to learn the difference between direct and indirect grilling:

	DIRECT GRILLING	INDIRECT GRILLING
DEFINITION	Food grilled directly over the heat source.	Food grilled in a covered grill beside but not over the heat source.
SET UP	Gas Preheat burners to high. Place food on the grill rack, then adjust burners to desired heat. Charcoal Spread hot coals evenly across the bottom grill rack. Set top grill rack over the coals and then place food on the rack.	Gas Preheat burners to high. Adjust burners on each (or one) side of the food to desired heat; turn off burner below food. Cover grill. Charcoal Open all vents. Arrange hot coals on either side but not on center of bottom grill rack. Replace top grill rack. Place food on center of rack. Cover grill.
BEST FOR	Searing steaks, chops, and chicken pieces. Searing creates a crisp, caramelized texture and adds appealing grill marks. Direct grilling is also best for searing larger cuts of meat prior to indirect grilling.	Grilling larger cuts of meat and whole poultry. Works best for foods that take more than 25 minutes to grill. Also ideal for foods brushed with a glaze since direct heat can burn them. Great for keeping fish fillets from drying out.

Discard foil. Place beef on grill rack; baste with one third of juices. Cover and grill 1 hour, basting with remaining juices twice during grilling time.
5 Transfer brisket to cutting board. Cut brisket across grain into 16 slices and serve with sauce.

PER SERVING (2 SLICES BRISKET WITH 3 TBSP SAUCE): 192 CAL, 9 G FAT, 3 G SAT FAT, 0 G TRANS FAT, 46 MG CHOL, 185 MG SOD, 3 G CARB, 1 G FIB, 25 G PROT, 23 MG CALC. ***POINTS* VALUE: 4.**

BONUS RECIPE!

SUMMER SALAD

Combine ½ lb each crisp-cooked and chilled green and yellow wax beans, 2 c orange sections, 6 thinly sliced radishes, 4 sliced scallions, and 3 Tbsp low-fat vinaigrette in bowl. Serves 6. PER SERVING (1 CUP) ***POINTS* VALUE: 1.**

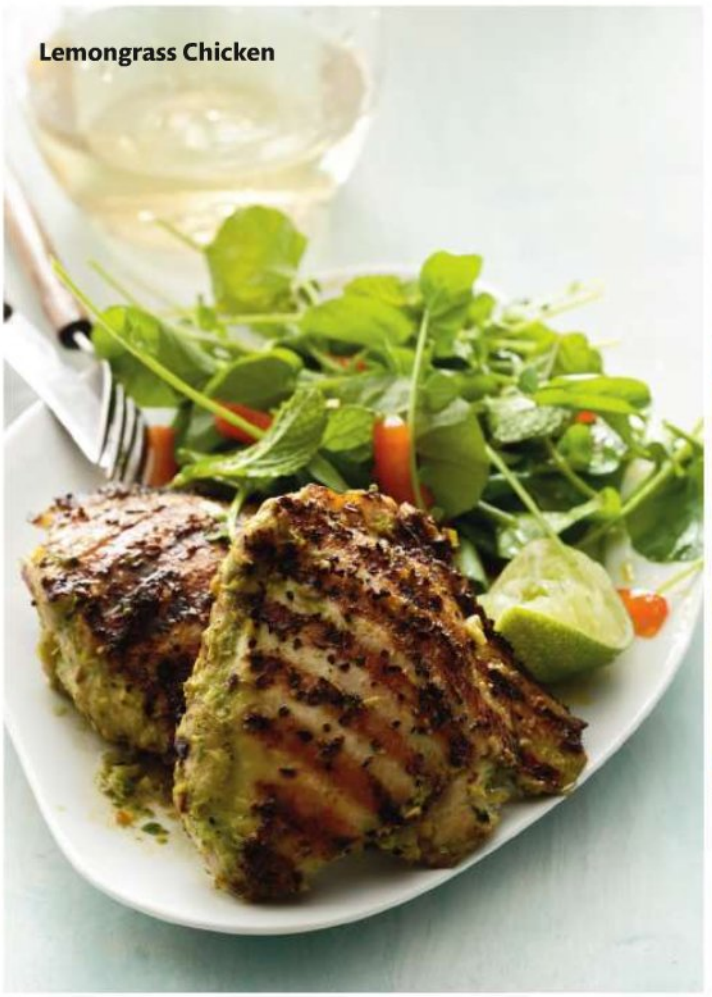
Sweet and Spicy Pork Tenderloin A

PREP 25 MIN **COOK/GRILL** 25 MIN **SERVES** 6

1 Tbsp hot Mexican-style chili powder
1½ tsp garlic powder
1 tsp dried oregano
¼ tsp cinnamon
2 (¾-lb) pork tenderloins, trimmed
¾ c orange juice
¼ c packed brown sugar
1 small onion, grated
2 Tbsp Worcestershire sauce
2 tsp yellow mustard

1 Mix chili powder, garlic powder, oregano, and cinnamon in cup.
2 Place 1 tenderloin on cutting board. Holding sharp knife parallel to board, cut tenderloin lengthwise three

PHOTOGRAPHY: IAIN BAGWELL.


Lemongrass Chicken


Mexi Burgers

quarters of the way through and open up like a book. Place pork, cut side down, between 2 pieces of wax paper and pound to ½-inch thickness. Repeat with remaining tenderloin.

3 Transfer pork to large bowl; rub all sides with spice mixture. Cover and refrigerate at least 2 hours or up to 24 hours.

4 Meanwhile, make glaze: Whisk orange juice, brown sugar, onion, Worcestershire, and mustard in medium saucepan until blended; bring to boil. Reduce heat and simmer, stirring occasionally, until mixture is thick and reduced to about ⅔ c, about 15 minutes. Let cool completely.

5 Preheat grill to high or prepare hot fire.

6 Spray both sides of each tenderloin with nonstick spray. Place pork on grill rack and grill until well browned, 3–4 minutes. Turn pork, brush with ¼ c glaze, and grill until well browned, about 3 minutes. Turn pork again and grill, brushing frequently with remaining glaze, until instant-read thermometer inserted into side of each tenderloin registers 155°F, 2–3 minutes. Transfer pork to cutting board; cover loosely with foil and let stand 5 minutes (internal temperature will increase to 160°F). Cut each tenderloin into 9 slices.

PER SERVING (3 SLICES): 202 CAL, 6 G FAT, 2 G SAT FAT, 0 G TRANS FAT, 48 MG CHOL, 145 MG SOD, 16 G CARB, 1 G FIB, 23 G PROT, 34 MG CALC.
***POINTS* VALUE: 4.**

IN THE KITCHEN If you prefer less heat, use regular chili powder in step 1.

BONUS RECIPE! **ASIAN GREENS Toss 3 c watercress sprigs, ½ c torn fresh mint leaves, 1 thinly sliced red bell pepper, and 1 minced shallot with 2 Tbsp ginger dressing. Serves 4. PER SERVING** (¾ CUP) ***POINTS* VALUE: 1.**

Lemongrass Chicken B

PREP 10 MIN **GRILL** 20 MIN **SERVES** 4

⅔ c packed fresh cilantro sprigs
2 fresh lemongrass stalks, trimmed and thinly sliced
3 large garlic cloves
1 tsp chopped peeled fresh ginger
3 Tbsp water
1 Tbsp Asian fish sauce
Juice of ½ lime
8 (¼-lb) skinless chicken thighs
½ tsp black pepper
1 lime, cut into wedges

1 To make marinade, pulse cilantro, lemongrass, garlic, ginger, and water in food processor or blender until fairly smooth. Combine cilantro mixture, fish sauce, and lime juice in large zip-close plastic bag; add chicken. Squeeze out air and seal bag; turn to coat chicken. Refrigerate, turning bag occasionally, at least 2 hours or up to 8 hours.

PHOTOGRAPHY: ROMULO YANES.

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2 Preheat grill to medium-high or prepare medium-hot fire.
3 Remove chicken from marinade; discard marinade. Spray each thigh with nonstick spray; sprinkle with pepper. Place thighs, skinned side down, on grill rack and grill until evenly charred, about 5 minutes per side. Turn again and grill, turning frequently and moving thighs to edge of grill if they begin to brown too quickly, until cooked through, 10–12 minutes. Serve with lime wedges.

PER SERVING (2 CHICKEN THIGHS): 243 CAL, 12 G FAT, 4 G SAT FAT, 0 G TRANS FAT, 91 MG CHOL, 169 MG SOD, 2 G CARB, 1 G FIB, 31 G PROT, 42 MG CALC. ***POINTS* VALUE: 6.**

IN THE KITCHEN Can't find fresh lemongrass? Substitute the grated zest of 1 lemon.

Mexi Burgers

PREP 15 MIN **GRILL** 12 MIN **SERVES** 6

½ lb yellow summer squash
1 (4-oz) piece refrigerated fat-free plain polenta (from 8-oz tube)
½ red bell pepper, finely chopped
⅓ c chopped fresh cilantro
1 chipotle pepper en adobo, minced + 1 Tbsp adobo sauce
2 garlic cloves, minced
Grated zest and juice of 1 small lime
1 tsp ground cumin
1 lb ground skinless chicken breast
6 (6-inch) corn tortillas
6 lettuce leaves
1 small Hass avocado, halved, pitted, peeled, and cut into 12 slices
1 tomato, diced (about ¾ c)

FROM THE FOOD EDITOR

The Summer Classic

Jonathan T. of New York asked *WWM* to lighten up his classic potato salad. Our main fix? Substituting fat-free yogurt for most of the mayo. The result? We slashed the per-serving ***POINTS*** value from ***9*** to ***2*** (while keeping the hard-cooked egg and bacon)!

CREAMY POTATO SALAD

PREP 15 MIN **MICROWAVE** 5 MIN **SERVES** 6



1 Combine 1½ lbs quartered small red, purple, and white scrubbed potatoes and ¼ c water in large microwavable bowl. Cover with wax paper and microwave on High until fork-tender, 7–8 minutes, stirring every 2 minutes. Drain and let cool.
2 Meanwhile, make dressing: Mix ½ c plain fat-free yogurt, ¼ c fat-free mayonnaise, 2 large chopped hard-cooked eggs, ½ diced red onion, ¼ c chopped fresh parsley, 1 Tbsp Dijon mustard, ¼ tsp salt, and ⅛ tsp cayenne in large bowl. Stir potatoes into dressing. Serve, sprinkled with 3 strips crumbled crisp-cooked turkey bacon.

PER SERVING (ABOUT 1 CUP): 139 CAL, 2 G FAT, 1 G SAT FAT, 0 G TRANS FAT, 72 MG CHOL, 286 MG SOD, 25 G CARB, 3 G FIB, 4 G PROT, 81 MG CALC. ***POINTS* VALUE: 2.**

Do you have a recipe you'd like us to lighten up? Send your request to wwmfoodeditor@weightwatchers.com

1 Line baking sheet with wax paper. With small holes of box grater, finely shred squash. Squeeze dry and transfer to large bowl. Finely shred polenta into same bowl; stir in bell pepper, cilantro, chipotle, adobo sauce, garlic, lime zest and juice, and cumin until blended. Add chicken and mix just until incorporated. Shape into 6 (1-inch-thick) burgers (mixture will be soft). Cover and freeze until firm, about 1 hour.

2 Preheat grill to medium-high or prepare medium-hot fire.

3 Spray both sides of burgers with nonstick spray. Place burgers on grill rack and grill until well browned, about 6 minutes. Turn burgers and grill until instant-read thermometer inserted into side of each burger registers 165°F, 6–7 minutes. Transfer burgers to plate.

4 Place tortillas on grill rack and grill until softened, about 30 seconds per side. Layer each tortilla with 1 lettuce leaf, 1 burger, 2 slices avocado, and 2 Tbsp tomato.

PER SERVING (1 BURGER): 229 CAL, 8 G FAT, 2 G SAT FAT, 0 G TRANS FAT, 47 MG CHOL, 159 MG SOD, 20 G CARB, 4 G FIB, 20 G PROT, 49 MG CALC.
***POINTS* VALUE: 4.**

IN THE KITCHEN When making burgers in step 1, use moistened hands for easiest handling.

BONUS RECIPE!

GRILLED VEGGIES Preheat grill to medium-high. Alternately thread 8 yellow and 8 green mini-pattypan squash onto 2 (10-inch) metal skewers. Spray both sides of kebabs and 4 small portobello mushroom caps with olive oil nonstick spray. Place kebabs and mushrooms on grill rack and grill until tender, about 6 minutes per side. Serves 4. PER SERVING (½ KEBAB AND 1 MUSHROOM)
***POINTS* VALUE: 1.**

Grilled Salmon Panzanella A

PREP 25 MIN **GRILL** 25 MIN **SERVES** 4

2 Tbsp red-wine vinegar
2 tsp extra-virgin olive oil
1 Tbsp capers, rinsed and chopped
½ tsp black pepper
1 beefsteak tomato, cut into 1-inch chunks
½ pint yellow pear or cherry tomatoes, halved
½ small English cucumber, diced
4 large assorted-color brine-cured olives, pitted and thinly sliced
2 (¾-inch-thick) slices crusty whole-grain bread (4-oz)
1 medium Vidalia onion, cut into 4 (½-inch-thick) slices
1 (¾-lb) center-cut salmon fillet, 1-inch thick, skinned
½ c fresh basil leaves, torn
2 small Belgian endives, separated into leaves



1 Preheat grill to high or prepare hot fire.
2 To make salad, mix vinegar, oil, capers, and pepper in large bowl; stir in tomatoes, cucumber, and olives.
3 Spray both sides of bread slices with olive oil nonstick spray. Place bread on grill rack and grill until lightly charred, about 1 minute per side. Transfer bread to cutting board and cut into ¾-inch cubes. Stir bread into salad. Spray both sides of onions with olive oil nonstick spray. Place onion slices on grill rack and grill until tender, about 6 minutes per side. Transfer onions to cutting board; cut into quarters and stir into salad.
4 Lightly spray both sides of salmon with olive oil nonstick spray. Place salmon on grill rack and grill just until opaque in center, 5–6 minutes per side.
5 While salmon is grilling, toss salad occasionally until bread has absorbed some of dressing.
6 Stir basil and endive into salad. Serve, topped with salmon.

PER SERVING (¼ OF SALMON WITH 1¼ CUPS SALAD): 274 CAL, 11 G FAT, 2 G SAT FAT, 0 G TRANS FAT, 56 MG CHOL, 325 MG SOD, 20 G CARB, 5 G FIB, 24 G PROT, 94 MG CALC. ***POINTS* VALUE: 6.**

IN THE KITCHEN Mild and delicately sweet, red, green, or black Italian Cerignola olives are an excellent choice for this salad.

BONUS RECIPE!

TERIYAKI SAUCE Mix ¼ c soy sauce and ¼ c water in bowl. Whisk in 1 Tbsp honey, 1 Tbsp dry sherry, and ⅛ tsp Asian (dark) sesame oil until smooth. Stir in 1 tsp minced garlic and 2 finely chopped scallions. Serves 6. PER SERVING (ABOUT 2 TBSP) ***POINTS* VALUE: 0.**



Grilled Zucchini Flatbreads

Grilled Zucchini Flatbreads

PREP 10 MIN **GRILL** 5 MIN **SERVES** 8

Juice of 1 large lemon
3 garlic cloves, crushed
1 Tbsp extra-virgin olive oil
2 tsp minced fresh thyme
¾ tsp salt
3 medium zucchini, cut in half crosswise, and then cut lengthwise into ¼-inch-thick slices
4 (9 x 3½-inch) whole wheat Indian-style flatbreads (naan)
¾ c crumbled low-fat goat cheese

1 Preheat grill to medium or prepare medium fire.
2 Meanwhile, combine lemon juice, garlic, oil, thyme, and salt in zip-close plastic bag; add zucchini. Squeeze out air and seal bag; turn to coat zucchini. Let stand 30 minutes.
3 Remove zucchini slices from marinade. Place zucchini on grill rack and grill until tender, 1–2 minutes per side. Transfer to plate.
4 Place flatbreads on grill rack and grill until lightly crisped and golden, 2–3 minutes. Flip over with tongs; sprinkle evenly with goat cheese. Place one fourth of zucchini, in slightly overlapping rows, on top of each flatbread; press down lightly. Cover and grill until bottoms of flatbreads are lightly crisped, about 3 minutes. Cut flatbreads in half.

PER SERVING (½ FLATBREAD): 125 CAL, 5 G FAT, 2 G SAT FAT, 0 G TRANS FAT, 6 MG CHOL, 397 MG SOD, 16 G CARB, 3 G FIB, 6 G PROT, 37 MG CALC. ***POINTS* VALUE: 2.**

FROM THE FOOD EDITOR

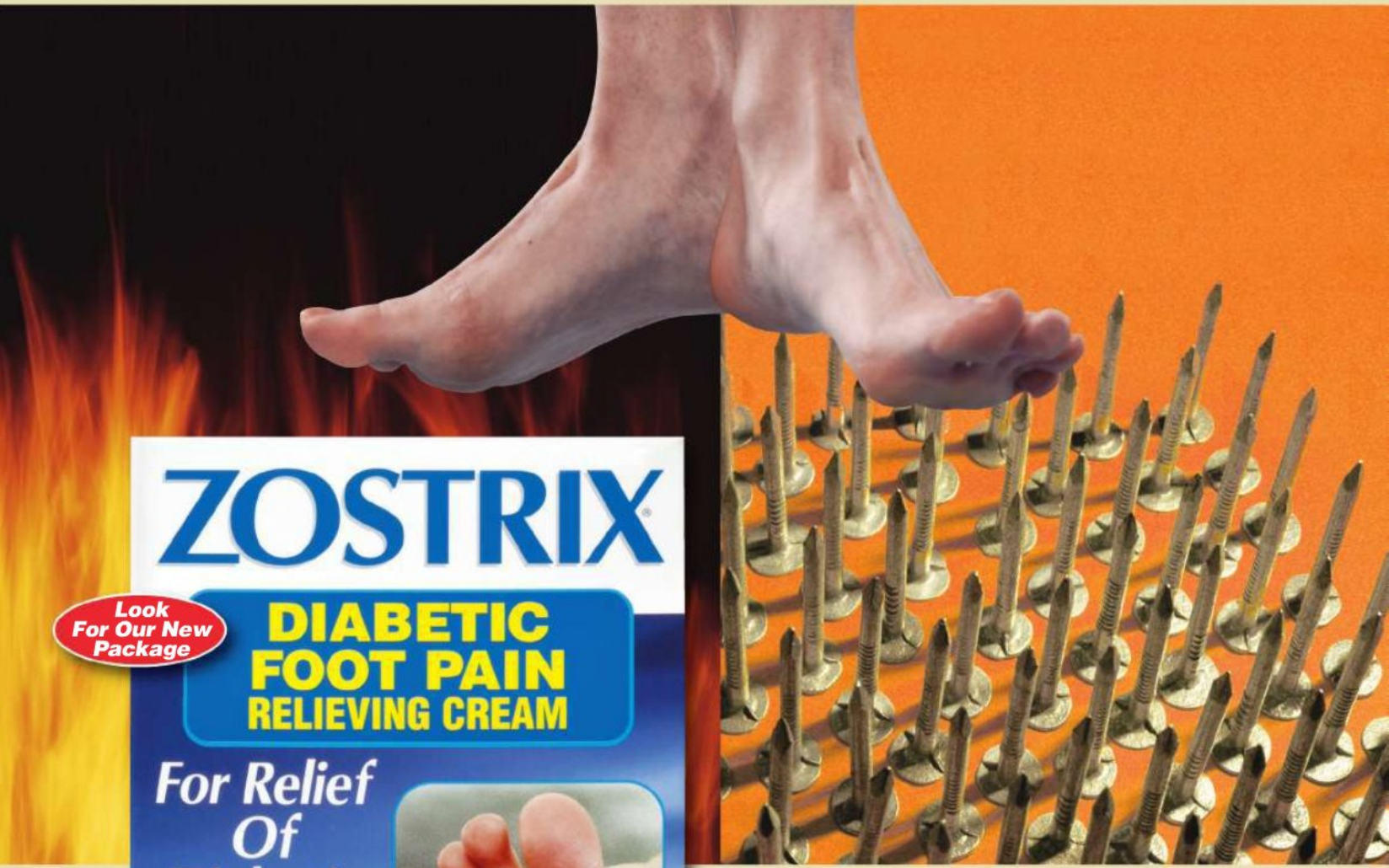
Grill Fave! I love to grill, but I like it to be super easy. So I was pleased to try this new grilling glaze. Unlike barbecue sauce, which requires that you turn and baste foods frequently, you just brush this glaze over steak or lamb chops 1–2 minutes it's done—no turning required. At only ***1 POINTS*** value per 2 Tbsp, drizzle it over grilled peaches.

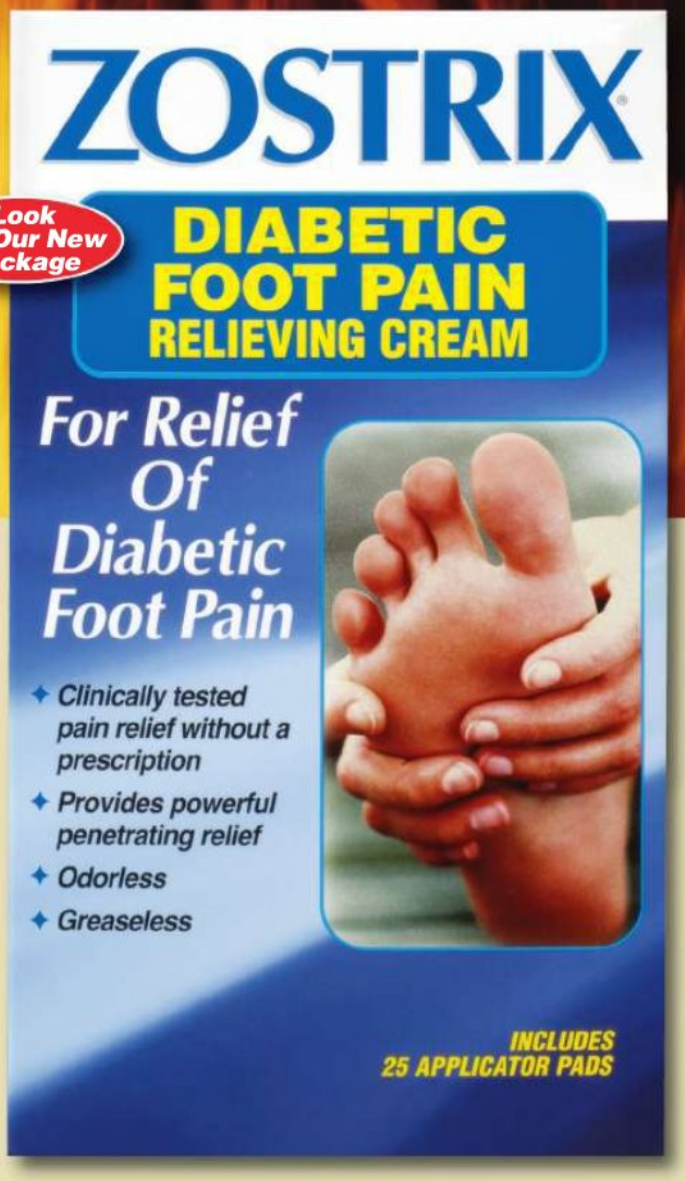
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Chicken with Cherry Tomatoes

EVERYONE LOVES TOMATOES

Chicken with Cherry Tomatoes B

PREP 15 MIN **COOK** 15 MIN **SERVES** 4

- **4 (¼-lb) skinless, boneless chicken breasts**
- **1 tsp kosher salt**
- **½ tsp black pepper**
- **2 tsp extra-virgin olive oil**
- **2 c cherry, pear, or grape tomatoes**
- **2 garlic cloves, minced**
- **2 Tbsp sherry vinegar**
- **1 Tbsp water**
- **1 Tbsp chopped fresh flat-leaf parsley**
- **1 Tbsp chopped fresh mint**

1 Sprinkle both sides of each breast with ½ tsp salt and ¼ tsp pepper. Spray large nonstick skillet with nonstick spray and set over medium-high heat. Add chicken and cook until cooked through, 6–7 minutes per side. Transfer chicken to platter; cover loosely with

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foil and keep warm.
2 Heat oil in skillet over medium-high heat. Add tomatoes and garlic; cook, stirring, until tomatoes are lightly browned, about 2 minutes. Add vinegar, water, parsley, mint, and remaining ½ tsp salt and ¼ tsp pepper; cook until flavors are blended, about 1 minute. Pour tomatoes over chicken. This recipe works with the Simply Filling technique.

PER SERVING (1 CHICKEN BREAST WITH ½ CUP TOMATOES): 185 CAL, 6 G FAT, 1 G SAT FAT, 0 G TRANS FAT, 70 MG CHOL, 465 MG SOD, 4 G CARB, 1 G FIB, 27 G PROT, 29 MG CALC. ***POINTS* VALUE: 4.**

FILLING EXTRA For another ***2 POINTS*** value, serve each portion with ⅔ c cooked whole wheat orzo.

Steaks with Fresh Tomato Relish B

PREP 10 MIN **GRILL** 4 MIN **SERVES** 4

4 fresh tomatoes, seeded and chopped
1 Tbsp chopped fresh oregano
1 garlic clove, minced
2 Tbsp balsamic vinegar
1 tsp kosher salt
½ tsp coarsely ground black pepper
4 (¼-lb) filets mignons, about ½-inch thick, trimmed
½ tsp ground coriander

1 Preheat grill to medium-high or prepare medium-hot fire.
2 To make relish, combine tomatoes, oregano, garlic, vinegar, ½ tsp salt, and ¼ tsp pepper in small bowl.
3 Sprinkle steaks with coriander and remaining ½ tsp salt and ¼ tsp pepper; spray both sides of each steak with olive oil nonstick spray.
4 Place steaks on grill rack and grill until instant-read thermometer inserted into side of each steak registers 135°F, 2–2½ minutes per side for medium rare. Serve with relish. This recipe works with the Simply Filling technique.

PER SERVING (1 STEAK WITH ABOUT ½ CUP RELISH): 199 CAL, 8 G FAT, 3 G SAT FAT, 0 G TRANS FAT, 46 MG CHOL, 436 MG SOD, 7 G CARB, 2 G FIB, 26 G PROT, 29 MG CALC. ***POINTS* VALUE: 4.**

Spaghetti with Tiny Tomatoes B

PREP 10 MIN **COOK** 20 MIN **SERVES** 4

½ lb whole wheat spaghetti
1 Tbsp olive oil
1 garlic clove, finely chopped
2 c Small Fry, Tiny Tim, Sweet 100, or other tiny tomatoes
¼ c oil-cured pitted olives, sliced
2 scallions, thinly sliced

FROM SEED TO TABLE

HOMEGROWN TOMATOES ARE EASY WHEN YOU FOLLOW OUR STEP-BY-STEP GUIDE:

1 Pick a spot that gets full sun and is away from buildings or trees.

2 Prep the soil by tilling 3 inches of well-aged peat moss, leaf mold, or compost into the top 6 inches of soil.

3 Grow the plants on a trellis to keep fruit off the ground; tomatoes will be less vulnerable to disease and be easier to harvest.

4 Water the plants regularly and generously. In the beginning, give each plant 2 quarts of water per day. Once a plant bears fruit, it requires 2 to 4 quarts of water per day. Soak soil thoroughly.

5 Harvest the fruit when tomatoes are fully colored. If you live in a hot climate, pick tomatoes at least every other day, even if they're not fully colored, and let them finish ripening indoors. When night temperatures drop below 45°F, pick any remaining tomatoes and place on an indoor windowsill; fruit will continue to ripen for several weeks.

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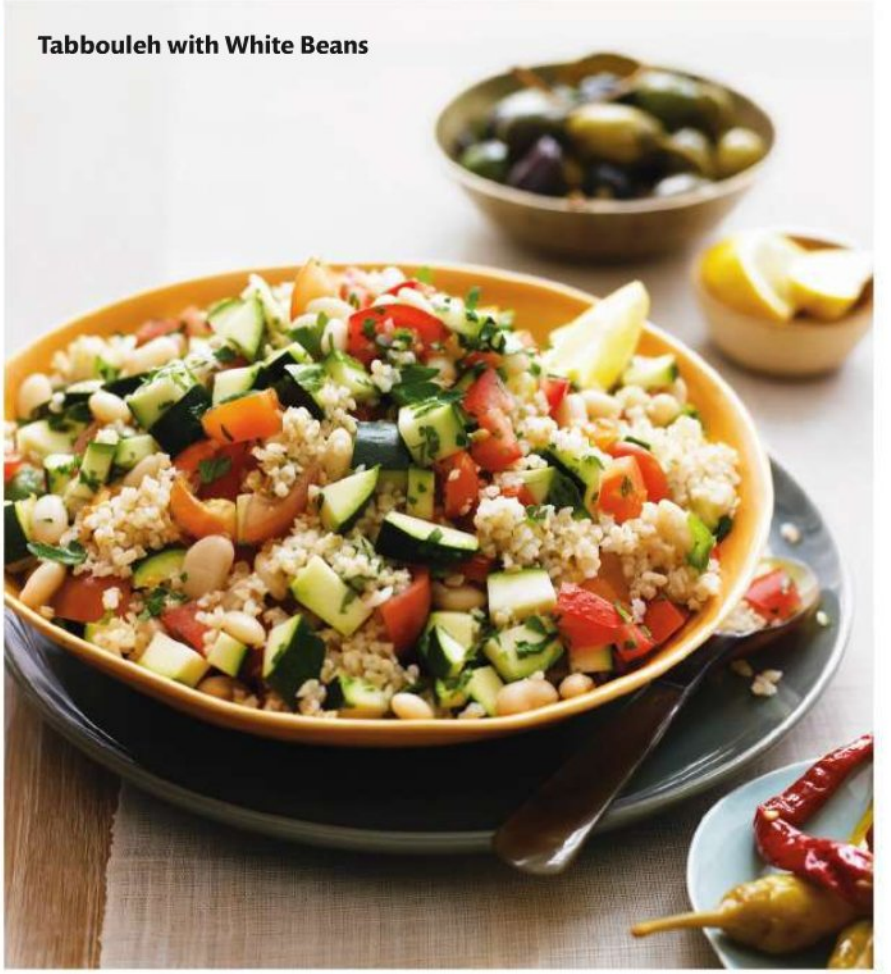
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Tabbouleh with White Beans



2 Tbsp fresh basil of flat-leaf parsley leaves, thinly sliced
½ tsp kosher salt
¼ tsp black pepper
¼ c coarsely grated Romano or Parmesan cheese

1 Cook spaghetti according to package directions.
2 About 5 minutes before end of cooking time, heat oil in large nonstick skillet over medium-high heat. Add garlic and cook, stirring constantly, just until fragrant, about 30 seconds. Add tomatoes and cook, stirring frequently, just until heated through, 1–2 minutes.
3 Drain spaghetti, reserving 2 Tbsp cooking liquid. Add drained spaghetti, olives, and scallions to tomato mixture; toss to coat (add 1–2 Tbsp reserved cooking liquid if mixture seems dry). Cook, stirring frequently, until heated through. Stir in basil, salt, and pepper. Serve, sprinkled with Romano.

PER SERVING (1⅓ CUPS SPAGHETTI WITH 1 TBSP CHEESE): 287 CAL, 7 G FAT, 2 G SAT FAT, 0 G TRANS FAT, 7 MG CHOL, 592 MG SOD, 48 G CARB, 6 G FIB, 12 G PROT, 126 MG CALC. ***POINTS* VALUE: 6.**

IN THE KITCHEN Instead of tiny tomatoes, you can substitute 2 c red and yellow cherry tomatoes, halved.

Tabbouleh with White Beans B

PREP 20 MIN **COOK** 5 MIN **SERVES** 4

2 c water
⅔ c bulgur
4 plum tomatoes, diced
2 zucchini, diced
1 c canned small white beans, rinsed and drained
⅓ c chopped fresh flat-leaf parsley
⅓ c chopped fresh mint
Juice of 1 lemon
1 Tbsp extra-virgin olive oil
¼ tsp salt
¼ tsp black pepper

1 Bring water to boil in medium saucepan. Stir in bulgur. Remove pan

PHOTOGRAPHY: IAIN BAGWELL.



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from heat; cover and let stand until bulgur is softened, 15–20 minutes.
2 Drain bulgur in sieve, pressing out any excess water with back of large spoon.
3 Transfer drained bulgur to large bowl. Add tomatoes, zucchini, beans, parsley, mint, lemon juice, oil, salt, and pepper; toss to combine. This recipe works with the Simply Filling technique.

PER SERVING (1½ CUPS): 203 CAL, 4 G FAT, 1 G SAT FAT, 0 MG CHOL, 303 MG SOD, 36 G CARB, 9 G FIB, 9 G PROT, 86 MG CALC. ***POINTS* VALUE: 4.**

FILLING EXTRA Dress up the tabbouleh by adding ½ lb cooked shelled and deveined shrimp along with the other ingredients in step 3 (and up the per-serving ***POINTS*** value by ***1***).

Tomato-Jicama Salsa B

PREP 20 MIN **COOK** NONE **SERVES** 4

1¼ lbs plum tomatoes, diced
1 small red onion, finely chopped
½ small jicama, peeled and diced
1 serrano pepper, seeded and minced
¼ c chopped fresh cilantro
Grated zest of 1 large lime
½ tsp kosher salt
4 dozen baked tortilla chips

1 Combine tomatoes, onion, jicama, serrano, cilantro, lime zest, and salt in medium bowl.
2 Serve salsa with tortilla chips.

PER SERVING (¾ CUP SALSA WITH 12 TORTILLA CHIPS): 176 CAL, 3 G FAT, 0 G SAT FAT, 0 G TRANS FAT, 0 MG CHOL, 368 MG SOD, 34 G CARB, 6 G FIB, 4K G PROT, 24 MG CALC. ***POINTS* VALUE: 3.**

IN THE KITCHEN Prepare and refrigerate this zesty salsa up to 2 days ahead. You can also substitute 1 peeled Fuji or Gala apple for the jicama.

Kitchen Coach

E-Z TOMATOES Need flavorful, juicy tomato pulp for a quick sauce or soup? Slice a beefsteak or plum tomato in half and grate each half against the large holes of a box grater; discard the skin.

STARS ON ICE

Blueberry-Sausage Strata I

PREP 20 MIN **COOK/BAKE** 1 HR 5 MIN **SERVES** 10

½ lb sweet Italian turkey or chicken sausage links, casings removed
2 leeks, cleaned and thinly sliced, white and light green parts only
1 Tbsp chopped fresh thyme or 1 tsp dried
4 c fresh blueberries
1 (1-lb) loaf whole wheat crusty bread, thinly sliced
1 quart low-fat (1%) milk
1½ c fat-free egg substitute
½ tsp kosher salt
¼ tsp black pepper

1 Spray large nonstick skillet with nonstick spray and set over medium-high heat. Add sausage, leeks, and thyme; cook, breaking up sausage with wooden spoon, until sausage is no longer pink, about 4 minutes. Remove skillet from heat; stir in 2 c blueberries.

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2 Spray 9 x 13-inch baking dish with nonstick spray. Whisk milk, egg substitute, salt, and pepper in large bowl until blended. Place half of bread in baking dish; top evenly with sausage mixture and then egg mixture. Top with remaining bread, pressing it into egg mixture until moistened. Cover and refrigerate until bread softens, at least 2 hours or overnight.
3 Preheat oven to 325°F. Uncover baking dish and place in large roasting pan. Add enough hot water to roasting pan to come halfway up sides of baking dish. Bake until center is set and top is browned, 60–65 minutes.
4 Carefully transfer strata to rack and let cool completely. (Or cover tightly with heavy-duty foil and freeze up to 1 month. To serve, let thaw in refrigerator overnight. Bake, covered, at 350°F until heated through, 25–30 minutes.) Serve, sprinkled with remaining 2 c blueberries.

PER SERVING (ABOUT 1 CUP): 258 CAL, 5 G FAT, 1 G SAT FAT, 1 G TRANS FAT, 26 MG CHOL, 559 MG SOD, 35 G CARB, 5 G FIB, 19 G PROT, 245 MG CALC. ***POINTS* VALUE: 5.**

E-Z ICE CREAM

To make our Blackberry Ice Cream Cones (p. 78) without an ice-cream maker, prepare the recipe as directed, but transfer the berry mixture to a large metal bowl. Cover and freeze until the mixture is partially frozen around the edges, about 1 hour. With handheld mixer, beat mixture until smooth. Cover and repeat, beating every hour, until mixture is completely frozen, about 4 hours.





Raspberry-Almond Cake

Raspberry-Almond Cake B

PREP 15 MIN **BAKE** 45 MIN **SERVES** 12

2 Tbsp chopped almonds
2 Tbsp packed brown sugar
¼ tsp cinnamon
2 c low-fat all-purpose baking mix (such as Bisquick)
½ c granulated sugar
½ c fat-free milk
½ c plain fat-free yogurt
¼ c fat-free egg substitute
3 Tbsp light stick butter, melted
¼ tsp almond extract
1½ c fresh raspberries
Raspberry Sauce (*right*)

1 Preheat oven to 400°F. Wrap bottom of 10-inch springform pan with foil; attach springform ring. Spray foil and sides of springform pan with nonstick spray.
2 Mix almonds, brown sugar, and cinnamon in small bowl.
3 Combine baking mix and granulated sugar in large bowl. Whisk milk, yogurt, egg substitute, melted butter, and almond extract in small bowl until blended. Add milk mixture to baking-mix mixture; stir just until blended.
4 With rubber spatula, gently fold in raspberries just until blended. Pour batter into springform pan; sprinkle top evenly with nut mixture.
5 Bake until toothpick inserted into center of cake comes out clean, about 45 minutes. Let cool in pan on rack 15 minutes. Remove springform ring and bottom of pan (leaving foil on) and let cool completely on rack. Wrap cake tightly with plastic wrap, then foil, and freeze up to 2 months. To serve, unwrap and let thaw at room temperature. Cut into 12 wedges. Serve with Raspberry Sauce (if using).

PER SERVING (1 WEDGE WITHOUT SAUCE): 152 CAL, 3 G FAT, 1 G SAT FAT, 0 G TRANS FAT, 4 MG CHOL, 255 MG SOD, 27 G CARB, 2 G FIB, 4 G PROT, 152 MG CALC. ***POINTS* VALUE: 3.**

BONUS RECIPE!

RASPBERRY SAUCE

Puree 3 c fresh raspberries in food processor or blender. Strain through sieve set over bowl; discard seeds. Puree raspberry puree, ½ c raspberry spreadable fruit, 2 Tbsp honey, and 1½ tsp vanilla extract. Makes 12 servings.

PER SERVING (3 TBSP) ***POINTS* VALUE: 1.**

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BRING IT ON

Eggplant Provençale

PREP 10 MIN **SLOW-COOK** 3 HRS **SERVES** 4

1½ lbs eggplant, peeled and cut into 1-inch cubes
2 tsp salt
2 zucchini, coarsely shredded
2 large tomatoes
1 medium red onion, diced
1 orange bell pepper, diced
¼ c water
1 garlic clove, crushed through press
½ tsp black pepper
1 Tbsp red-wine vinegar
1 Tbsp chopped fresh thyme
Lettuce leaves

1 Place eggplant in large colander set over sink; toss with 1 tsp salt. Drain 15 minutes. Add zucchini and remaining 1 tsp salt; toss. Drain 30 minutes, tossing occasionally.
2 Rinse vegetables thoroughly under cold water and drain. Working in batches if necessary, squeeze out excess moisture. Transfer vegetables to 5- or 6-quart slow-cooker.
3 Dice 1 tomato. Add diced tomato, onion, bell pepper, water, garlic, and black pepper to slow-cooker; stir to mix. Cover and cook until vegetables are fork-tender, about 3 hours on low. Stir in vinegar and thyme.
4 Transfer mixture to a bowl. Cover and refrigerate until completely chilled, at least 4 hours or overnight.
5 Dice remaining tomato. Line platter with lettuce; top with eggplant mixture. Serve, sprinkled with tomato. This recipe works with the Simply Filling technique.

PER SERVING (ABOUT ¾ CUP): 89 CAL, 1 G FAT, 0 G SAT FAT, 0 G TRANS FAT, 0 MG CHOL, 317 G SOD, 20 G CARB, 8 G FIB, 4 G PROT, 54 MG CALC. ***POINTS* VALUE: 1.**

FILLING EXTRA This dish also makes a terrific dip. Prepare the recipe as directed but skip the lettuce. After completing step 3, pulse mixture in food processor until coarsely chopped, working in batches if necessary. Serve with crudités or toasted crusty bread.

HONEY BUZZ

The specific flavor of a honey is based on the type of flower that a bee visits as it gathers nectar. Use this guide to choose your next jar.

HONEY	COLOR	TASTE	USE
ALFALFA	White to extralight amber	Delectably mild	Salad dressings, fruit topping
BUCKWHEAT	Dark brown	Strong, distinctly bold	Barbecue sauce, breads, muffins
CLOVER	Clear to extra-light amber	Mild, delicate	Ice cream, sherbet
ORANGE BLOSSOM	White to extra-light amber	Mild with citrus notes	Cakes, cookies
SAGE	Clear to white	Extrasweet	Salads with Parmesan or blue cheese

OH, HONEY!

Summer Sherbet B

PREP 10 MIN **COOK** 10 MIN **SERVES** 6

1 (12-oz) can low-fat evaporated milk
1 Tbsp dried lavender
1 lb fresh strawberries or blackberries
⅓ c light honey

1 Bring evaporated milk and lavender just to boil in small saucepan. Remove saucepan from heat and let mixture stand 20 minutes.
2 Pour mixture through sieve set over medium bowl; discard lavender. Puree remaining mixture, strawberries, blackberries, and honey in food processor or blender.
3 Pour puree into 8-inch-square baking pan. Cover with foil and freeze until partially frozen, about 1 hour. With spatula, stir frozen portions along edge of pan toward center. Cover and repeat, stirring every hour, until mixture is completely frozen, about 4 hours.

PER SERVING (⅔ CUP): 140 CAL, 2 G FAT, 1 G SAT FAT, 0 G TRANS FAT, 9 MG CHOL, 65 MG SOD, 27 G CARB, 2 G FIB, 5 G PROT, 172 MG CALC. ***POINTS* VALUE: 3.**

IN THE KITCHEN Expecting a crowd? Prepare recipe as directed, but double the ingredients, puree the mixture in batches in step 2, and freeze the puree in a 9 x 13-inch baking pan. Transfer to an airtight container and freeze up to 1 week.

Honey-Peach Parfaits B

PREP 10 MIN **COOK** 10 MIN **SERVES** 4

1 vanilla bean, split
1 pint plain fat-free Greek yogurt
¼ c light honey
2 fresh peaches, diced
3 fat-free mini biscotti, coarsely crushed

1 Put vanilla bean on sheet of wax paper. With edge of paring knife, scrape seeds from both sides of bean. Transfer seeds to bowl; stir in yogurt and honey.
2 In each of 4 parfait or dessert dishes, spoon ½ c yogurt mixture and about ½ c peaches in alternating layers. Sprinkle evenly with biscotti.

PER SERVING (1 PARFAIT): 182 CAL, 1 G FAT, 0 G SAT FAT, 0 G TRANS FAT, 3 MG CHOL, 99 MG SOD, 38 G CARB, 1 G FIB, 8 G PROT, 269 MG CALC. ***POINTS* VALUE: 4.**

FILLING EXTRA To pump up the fruit in this dessert, prepare the recipe as directed, but toss the peaches with 4 diced fresh plums before assembling.

PURPLE REIGNS p. 52



Becca Glossy Lip Tint in Sugar Plump, $23, beccacosmetics.com; Lumi Luxe bronzer, $25, target.com; China Glaze in BFF and IDK, $6.50 each, sallybeauty.com; Nicole by OPI in Truth or Lilac? and Virtuous Violet, $7.99 each, walmart .com; OPI Nail Lacquer in Rumple's Wiggin', $8.50, at nail salons nationwide; Mistral Eau de Parfum in Wild Blackberry, $52, mistralsoap.com; Thymes Lavender Body Wash, $18, thymes.com; Make-up Designory Eye Shadows in Voodoo, Concord, and Sugared Violet, $13.50 each, mudshop.com

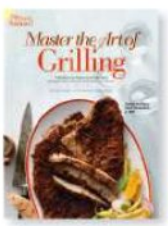
BREAK THE FASHION RULES p. 54

Coral ribbon and enamel necklaces, $17 each, jcpenney.com; Dewly Noted Sandal, $59, aerosols.com; yellow knit V-neck cardigan, $19.99, marshallsonline.com or 1-800-MARSHALLS; brown skinny belt, $24, jcpenney.com; silver sequined racer-back tank, $98, bananarepublic.com

GREAT ARMS! p. 94



SPRI medicine ball, $14.99, target.com; Agile Fitness RB-X Super Heavy Tension Resistance Band (green), $9.99, amazon.com; vinyl-covered dumbbells, $19.50 per pair, performbetter.com



MASTER THE ART OF GRILLING

Sweet and Spicy Pork Tenderloin p. 106 Maya Schaper platter, $75; pepper mill, $30, Maya Schaper West Side Cheese & Antiques Co., 212-877-0177; Wüsthof 8-inch chef's knife, $100, wusthof.com

Lemongrass Chicken p. 116 Global Table wave plate, $9, globaltable.com

Mexi Burgers p. 116 Crate & Barrel seven-oz. mini beer glass, $2.95, crateandbarrel.com

ABOUT OUR RECIPES

We make every effort to ensure that you will have success with our recipes. For best results and for nutritional accuracy, please keep these guidelines in mind:

• Recipes in *WWM* have been developed for members who are following the **Momentum™** plan. We include ***POINTS*® values** for every recipe. ***POINTS* values** are assigned based on calories, fat (grams), and fiber (grams) provided for a serving size of a recipe.

• All recipes feature approximate nutritional information; our recipes are analyzed for Calories (Cal), Total Fat (Fat), Saturated Fat (Sat Fat), Trans Fat (Trans Fat), Cholesterol (Chol), Sodium (Sod), Carbohydrates (Carb), Dietary Fiber (Fib), Protein (Prot), and Calcium (Calc).

• Nutritional information for recipes that include meat, poultry, and fish are based on cooked skinless, boneless portions (unless otherwise stated), with the fat trimmed.

• We recommend that you buy lean meat and poultry, then trim it of all visible fat before cooking. When poultry is cooked with the skin on, we suggest removing the skin before eating.

• Before serving, divide foods—including any vegetables, sauce, or accompaniments—into portions of equal size according to the designated number of servings per recipe.

• Any substitutions made to the ingredients will alter the "per serving" nutritional information and may affect the ***POINTS* values.**

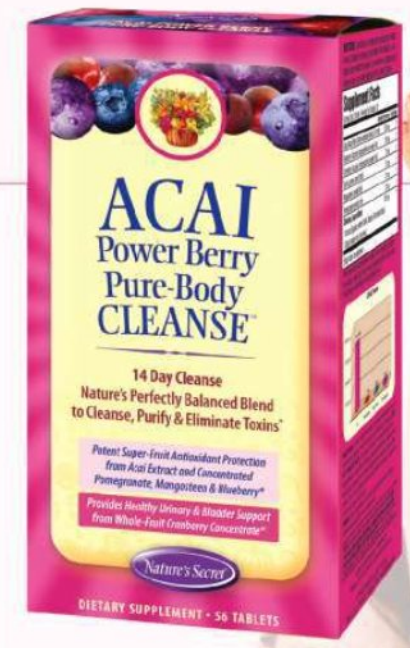
• All fresh fruits, vegetables, and greens in recipes should be rinsed before using.

• All Filling Extra suggestions have a ***POINTS* value** of ***0*** unless otherwise stated.

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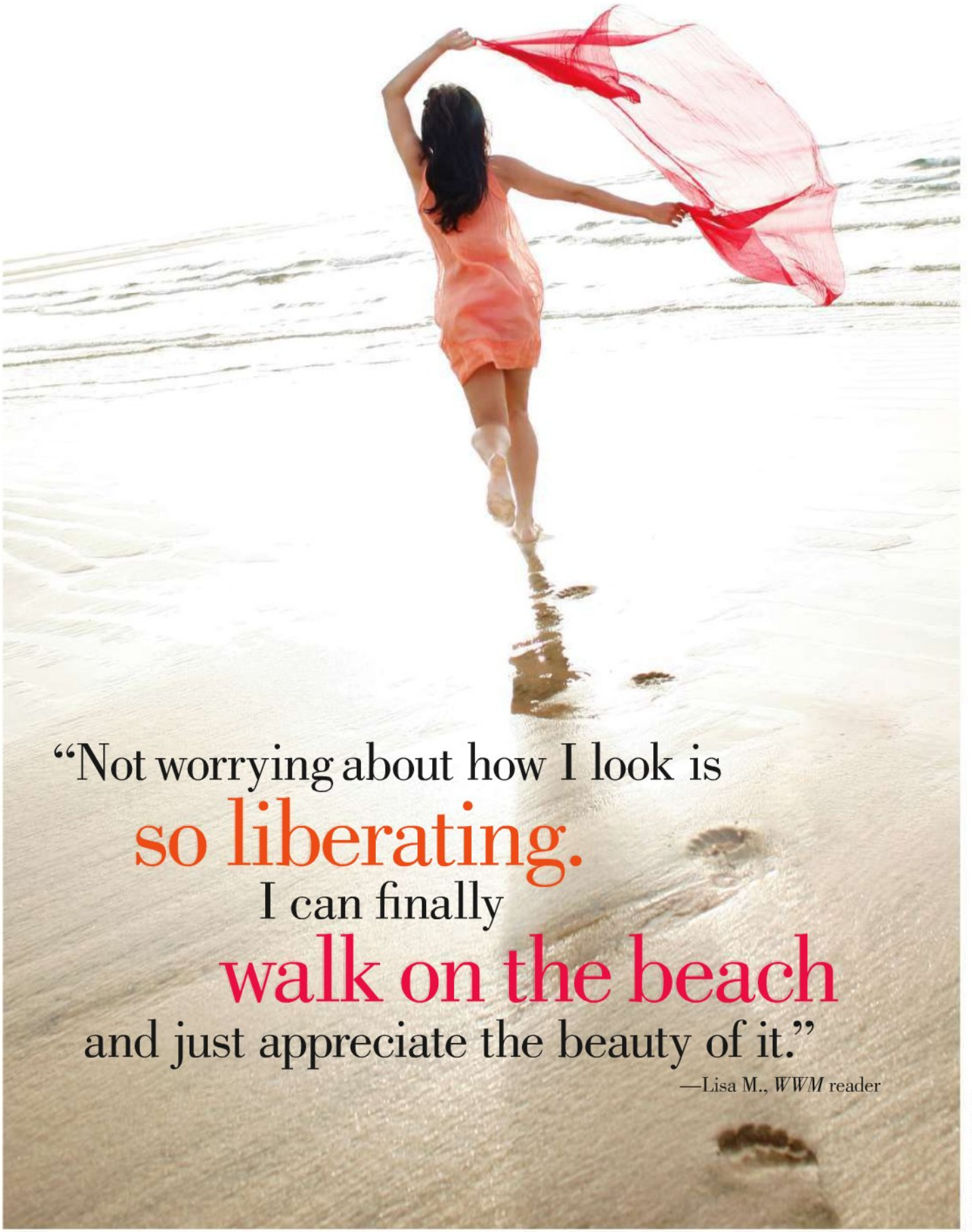
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